

THE
THOMSONIAN
PRACTICE OF MEDICINE;

CONTAINING

THE NAMES, AND A DESCRIPTION OF THE VIRTUES
AND USES OF THE MEDICINES BELONGING
TO THIS SYSTEM OF PRACTICE;

ALSO,

DIRECTIONS

FOR GIVING THE PROPER QUANTITY OF EACH ARTICLE
FOR A DOSE;

TOGETHER WITH THE

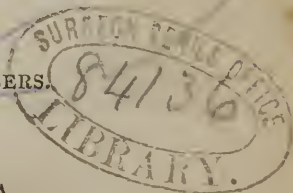
NAMES AND SYMPTOMS

OF THE DIFFERENT FORMS OF DISEASE, AND AMPLE
DIRECTIONS FOR CURING THE SAME, WITH
THOSE EXCELLENT REMEDIES.

BY REUBEN CHAMBERS.

BETHANIA, PA..

1842.



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PREFACE.

is now pretty generally known that Doctor Samuel Thomson, Boston, Massachusetts, has written and published a medical work which is, without doubt, the best work extant, concerning the subject of medicine, and the methods of curing every curable form of disease. His medicines are selected entirely from the vegetable kingdom, excluding therefrom all minerals, poison or not, as much as from the food we eat; likewise, every plant, which possesses the least poisonous quality, is omitted. And this system of medicine, commonly called the Thomsonian System, is still adhered to, by all who have thoroughly tried or impartially examined it, with a tenacity that speaks volumes in its favor, and to the praise of its great founder, who, although at an advanced age, is yet living, and has the pleasure of seeing his system spread through our land, to the great blessing and joy of millions who have received benefit by the use of his life-invigorating medicines.

I have owned a right to this incomparable system of medicine about seven years; and, by attention and application thereto, have obtained so competent a knowledge of it, that I confidently believe that no one will be disappointed, or ever regret purchasing this book; but that those who avail themselves of the information contained in the following pages, would not part with it, if they could, a year after, for fifty times its cost. And there are thousands, at this time, who would not take five hundred dollars, each, for their rights, and the knowledge they have obtained of this system, if they had it in their power to effect such sales, and depend upon the old bleeding, blistering, starving, physicking, calomel system, again; and I would not, if I could, thus dispose of mine, for ten times that amount. But there are many individuals and families who are yet unsupplied with any book of directions for using these valuable medicines, and for the proper management of the sick. This has been, in some cases, owing to a want of correct information respecting the system, and in others, to the price (twenty dollars) at which that work has been sold. This work is, therefore, intended to supply the deficiency, at a trifling cost, and put into the hands of every individual who is willing to enquire and become informed and convinced of the superiority of this system over every other known. And, in compiling the following pages, I have embodied, in this volume, what we may call the THOMSONIAN PRACTICE OF MEDICINE.

In doing this, which was a task of no ordinary moment, I have not overlooked the principles of honor and justice towards Doctor Thomson. I have not, to my knowledge, published a single sentence of the strictly secret information contained in his book, in which his patent consists. But, as every individual who *uses the medicines*, should, at least, be supplied with full and explicit directions for that purpose,—a description of the symptoms of each disease,—what medicines are the best calculated to remove it, and the proper mode of administering them, I have spared no pains in giving a description of the different forms of disease known in our country, as far as necessary, together with the very best and most approved methods of removing them with the ready prepared Thomsonian medicines; which are not only entirely innocent in their nature and action upon the human body, but powerful in removing disease, both from man and beast.

Hence, this work will be found to be eminently serviceable as a **BOOK OF PRACTICE**. And I here advise that great care be taken by *every one* who has not Thomson's book, and even them that have it, to be very cautious who they buy their medicines from, and know that they be collected and prepared by honest Thomsonians, who are acquainted with the herbs, roots, seeds, gums and oils, &c., used,—the proper seasons for gathering each of them,—the best methods for curing them when gathered, and the most approved methods of preparing them, when thus gathered and cured; and by persons who are approved for due care as regards *cleanliness*; for who, that are sick, would like to take dirt and filth in their medicine, that cannot bear to see the least of any thing of the kind in the victuals they eat, when well?

I have also given a glossary of all the technical terms used in the work, together with many that are not, but which are made use of by the Medical Faculty, or those called learned doctors.

The following chapter from Thomson's *New Guide to Health*, although there inserted expressly as a caution to those who have rights, I have thought proper, in justice to the Doctor and those who have bought rights, as well as to them who may have this book, to copy it here. It shows sufficient cause why Thomsonians do not reveal, to those who have not the right, the information which is the **PATENT** of the original proprietor and of those who *purchase rights*.

“AN AGREEMENT.

The subscriber, who is the original discoverer of the new system of practice contained in this work, has endeavored, in the present edition, to convey to his friends and patrons more extensive information than can be found in any former edition, that they may attain a more thorough understanding in the obtaining, preparing and using such vegetable remedies as are prescribed in the *New Guide*. He has, in a supplementary way, made some enlargement

to his *materia medica*; not, however, by the supernumerary host of inefficient, superfluous articles, or by dragging into his list, vegetable poisons. He has endeavored to present such information only, as he has believed would be useful. Such communications as he thought due to all who purchase rights.

It is *positively required* OF ALL SUCH, that they do not foolishly utter all they know; that they do not dishonorably abuse the trust committed to them.

It is conceived that it will be for the mutual interest of the patentee and all who may purchase of him, to be invariably regulated by the laws of honor, justice and propriety,

The information contained in these pages is designed to be extensively useful. In effecting the great objects embraced in the author's views, the work cannot fail of being more extensively useful to those who lawfully avail themselves of all the information he has published on the subject. Such as lawfully obtain a competent knowledge of this system, are instructed not to trifle with it, but to treasure up, in a good and honest mind, the information given. They are admonished to be on their guard, and never to entrust such important instructions to the dishonest and designing, whereby the system may be abused.

It is therefore distinctly understood and agreed by the patentee and by the purchasers of rights, not only with a view to their mutual interest, but more especially to maintain the dignity and evince more fully the efficacy and importance of his system, that they do hereby pledge their most sacred word and honor, that they will not, unnecessarily, or when it can be lawfully avoided, reveal or publish any part of the strictly secret information contained in the New Guide to Health, but will maintain this agreement inviolate, agreeably to the mutual understanding of the parties respectively. Every person who purchases a right, and does not abuse the trust, is to be considered and acknowledged a member of the friendly Botanic Society of the United States. On producing his right, or any autentic voucher of the fact, he will be entitled to a free, full and confident intercourse of the members, and entitled to information, advice and friendly assistance, in relation to Botanic Practice.

SAMUEL THOMSON."

Part I.

DESCRIPTION AND USES OF THE MEDICINES IN THE THOMSONIAN PRACTICE.

Our medicines are all the product of the vegetable kingdom; and all vegetables having any poisonous or injurious quality about them are entirely excluded,—depending wholly upon such as are known to be not only innocent upon nature, but powerful in removing disease.

All who use the Thomsonian remedies, must be particularly cautious, and not attempt to take any of the mineral doctor's drugs, as that course would be very dangerous, and might prove fatal; but keep all mineral doctors away, and save them the trouble of a long train of visits, and yourselves the expense of their heavy bills for keeping you sick a long time.

Bleeding, cupping, blistering, and all mercurial and what are called precipitate ointments, must never be used; and even purges should seldom or never be resorted to, as very gentle laxatives occasionally, and a thorough use of the syringe, with the Thomsonian clysters, will always do good, and never harm, while the other seldom ever can do any good, and may do much harm.

Our medicines are numbered, from one to six; and of these six numbers there are various compounds made, and and they, as distinct medicines, may also be used alone separately, or combined, as directed.

Here follows a list of them, as generally prepared for use, with the most prominent virtues pointed out, the most approved directions for using, and the ordinary quantity to be given at a dose. The quantity thus mentioned for a dose, is what is proper for an adult of ordinary strength; but for children and those in a very weak

state, the dose must be regulated accordingly. This any one of a good judgment can do. Nevertheless, it must be always borne in mind that if the ordinary doses appear not to have the desired effect, we must not depart from the directions given; but, if necessary, double and treble the power and frequency of the practice, and persevere till it have the desired effect. And, although perseverance is the general watchword in this system, yet it will be found to be very necessary and useful, in all cases, to watch well the symptoms of disease, to see and understand fully what class or form the prevailing disease comes under; and likewise, whether there be any other ailment connected with it, or, as is sometimes the case, a complication of disease in the same body. By this care and attention, we shall be the better able to know how to meet the case with the proper remedies, which are treated of at large.

NUMBER ONE.

It cannot be denied by any one acquainted with this medicine, that it is one of the most valuable articles known, for aiding in the removal of a great many forms of disease. It is prepared in a number of different ways. The three first of these are:

First Preparation of Number One,

Second Preparation of Number One,

Third Preparation of Number One.

These are all of the preparations of Number One that Doctor Thomson has thus enumerated; but, as there are two other important preparations of the same number, but designed principally for emetics, they may properly be designated the Fourth and Fifth Preparations of Number One, and will be found in their proper order. Besides what is here said, it will be found, in the body of the work, that Number One is often called for in different remedies for disease; but its greatest uses are for the greatest, or most obstinate forms of disease. It therefore enters into the Emetic, as the principal article; it is also a powerful remedy against poison, hydrophobia, fits, spasms, &c..

First Preparation of Number One.

This is always in a powder, and is of two kinds, the brown and the green; the brown is the best, requiring smaller quantities than given below, for the common, or green.

This preparation may be used as an emetic, in warm water (sweetened) alone, when the prepared emetics cannot be obtained; but it is better taken in a tea of No. 3 or No. 4. A teaspoon full of this powder may also be added to injections when they are made of No. 3 tea, or the like. It is likewise an excellent article to put in poultices for various swellings, and for stiff joints, contracted sinews, and in bad cases of poisoned sores that may require a poultice. A tea made of this by itself, or with a little No. 2 added, is very good for sore eyes, and may be used freely for that purpose, when the proper eye-water cannot be had. It is good to take inwardly, too, in all cases of asthma, consumption, inward poison and all complaints of the stomach, breast and lungs.

DIRECTIONS.—When taken as an emetic, make a tea of No. 3 or No. 4, and when cool enough to take, pour it off and sweeten it; then add one teaspoon full of this powder, half a teaspoon full of Nerve Powder, half a teaspoon full of No. 2, and one teaspoon full of No. 6, and drink it off at one, two or more drinks; and repeat the same, if necessary, until the stomach be well cleansed. After this be done, drink freely of Composition, No. 3 or No. 4, Cayenne or Pennyroyal tea, or the like, for a few days.

Remember always, when taking emetics, to drink freely of Composition, Pennyroyal or some warming tea, or even warm water, and it will make the vomits much easier, and aid greatly in cleansing the stomach and clearing the system of disease by perspiration, too. [For further information on the subject see "Emetic," or the 4th Preparation of No. 1.

Second Preparation of Number One.

This preparation of No. 1 is always in a liquid or tincture. *It is used to counteract poison, either internally or externally.*

For external poison, bathe the part affected, well and frequently with this preparation; and, if it be very bad, take it inwardly, too, in doses from a half to one teaspoon full at a time, in Composition, No. 3 or No. 4, or some other tea, or in warm water sweetened, and so continue till cured. A tea made of the leaves or inside bark of the witch hazel tree will be the best in which to take it. For all internal effects of poison, take inwardly as above directed, and add to each dose half a teaspoon full of No. 2 and half a teaspoon full of Nerve Powder, and take it in a tea of No. 3 or witch hazel, if it can be had. If that cannot be had, take it in No. 4, or in warm water, sweetened.

This preparation may also be used for emetics, as the first preparation, and about the same quantity for a dose, more or less, according to its required strength.

It is also a valuable remedy for a cough, asthma, consumption, and all complaints of the breast and lungs, by being taken often in small doses, so as not to puke, in a tea of Composition, No. 3 and No. 4, alternately, or in No. 2, or even alone. It has been known to do wonders in those complaints.

It has been also highly recommended for the cure of dyspepsia and habitual costiveness, by taking it regularly after meals, in small doses so as not to sicken, in some kind of tea, or milk.

In all of the above cases, one should also take enough to puke himself, well, once or twice a week, and follow the other directions between whiles, till cured, unless he go through full courses of the medicine and the vapor bath.

Sour Tincture of Number One.

This is also a second preparation of No. 1, and may be used in many cases instead of the common sweet tincture of No. 1, and in some instances is better than it for bathing hard and dry swellings, crusty sores of any kind, stiff or swelled joints, hard, knotty or contracted sinews. In such cases as the above, it is esteemed better than the sweet tincture, because it is more opening

and softening in its nature, and will penetrate a hard crusty surface, and soften and relax a callosity quite as well, or rather better than the other.

It is also good for poison, either internally or externally, and may be used for that purpose in the same manner and quantities as the sweet tincture; and may be used in like manner for the sting or bite of any insect or reptile, and for such purposes a little salt might be added to it. It may also be taken inwardly in small doses, in cases of fits and spasms, and in cases of Alarm, and other nervous complaints, and if combined with Nerve Powder or other anti-spasmodics, it will be of greater service in these complaints. But we seldom give the sour tincture as an emetic or vomit, as may be done with the sweet tincture; because there is one article in it which is anti-emetic.

DOSE.—From a quarter to a teaspoon full may be taken at a time, as may be found necessary, in any kind of tea or coffee, or alone, and repeated till it have the desired effect. The same quantities may be taken after meals to promote digestion and remove costiveness. If it produce nausea, add a little milk, or warm water sweetened. If this be continued during several weeks together, by persons of dry and costive habits and of bad digestion, great benefit will be derived. In all cases where the sour tincture be not agreeable, the sweet may be used.

Third Preparation of Number One.

This is a powerful medicine against disease, but is entirely innocent on nature. It is used for the most violent attacks of disease, such as palsy, locked-jaw, bite of a mad dog, or hydrophobia, and is a most powerful remedy against the effect of the bite or sting of any poisonous reptile or insect, or any internal or external poison. It is also a giant remedy in cases of fits or spasms of any kind, and in cases of drowning, &c., where the vital spark is nearly extinct. For a bruise, strain, numbness, or for stiff and swelled joints and contracted sinews, rheumatism, St. Vitus' dance, scald head, and for bathing weak

back, breast and limbs, before applying the Strengthening Plaster, this medicine has no equal. It is also very good for bathing sore, weak or inflamed eyes, and in cases of dimness of sight; but when used for the eyes, it should be weakened in from four to six times its bulk of No. 3 tea, chamomile tea, or pure soft water.

Emetics may be taken of this, as of the first or second preparation, and is probably better than either of them for that purpose. And in *all* cases of poison, both external and internal, with a tea of No. 3 or of the inside bark or leaves of the witch hazel tree, it is probably the best remedy known in the world. It is also the best article for bathing corns and warts before applying the Nerve Ointment or Corn Plaster for their removal. It will also remove pimples and other cutaneous eruptions of the skin, by bathing them with it frequently, and taking a few doses inwardly.

Dose.—When taken inwardly, from a half to a teaspoon full, in a tea of No. 3 or No. 4, or in warm water, sweetened. But in all desperate or violent cases, when the patient cannot swallow, it must be given in its purity, and it will find its way to the stomach by the glands, and will not strangle; but if a spark of life or vital heat remain, it will kindle. If symptoms of life appear, or be not entirely gone, continue very small doses, every five minutes, till the patient can swallow, then give one or more doses, as occasion may require, in the Bitter Nerve Drops, or in Composition or No. 4 tea.

This is a medicine that every house and family in our land should always have a supply of at hand, as thousands have fallen with various kinds of fits, &c., and expired almost instantaneously, when an ounce of this medicine would have rekindled the stifled or expiring spark of life.



PREPARED EMETIC POWDERS,

And the Fourth Preparation of Number One.

This is one of the very best emetics known. It is entirely a vegetable preparation, and always harmless, even when the stomach be so cold and inert that it can-

not puke; in which case it will pass off harmless, and do what good it can, downward. It is a powerful article to clear the system of morbid humors, and promote perspiration and the natural heat of the body. In all cases of sick head-ache, and morbid, or what is called bilious stomach, and the like, it is almost a sovereign remedy; but then it must be followed up with Nos. 2, 3 and 4, to maintain the vital heat, remove the canker, and prevent a second accumulation of it, to correct the bile, strengthen the stomach permanently, and restore the digestion.

DIRECTIONS.—This preparation of No. 1 is made up with the greatest care, and compounded of the very best articles known for an easy, certain and effectual vomit. For this purpose it is best to be in separate parcels, as it will generally be put up, on account that a part of the articles composing it must be scalded and the liquor squeezed out, and then the emetic powder (or No. 1) added to the tea, without scalding.

Remember always when taking an emetic, that if the bowels be costive, it will be much better to take an injection previously or at the time; the emetic will then act more free and easy, and do much more good. Without this precaution, *pain* may be the consequence.

DOSE.—Take from one to three tablespoon fulls of the coarse powder, (which is generally put up in larger packages than the emetic,) and scald it in half a pint of boiling water, and if it be simmered on the fire to get the strength out of the powder, it will be the better; then, as above directed, squeeze out the liquor, sweeten it, and when cool enough to take, add one teaspoon full of the fine emetic powder, stir and drink it at intervals of five or ten minutes, until it operates freely. After the tea be squeezed out of the coarse powder, pour on the dregs, the same quantity or more of hot water as at first, and drink freely of it while taking the emetic and after beginning to puke, and it will aid the operation, and greatly assist in cleansing the stomach. Composition or pennyroyal tea, or even warm water, drank plentifully, is very good for the same purpose. When this be all done, if the stomach be not sufficiently cleansed, or remain sick, then prepare, as above directed, a second, and, if necessary, a third emetic, and take in like manner. When the stomach be

sufficiently cleansed, drink freely for a few days, of Composition, ginger, or pennyroyal tea, or else follow it up with the other numbers, as directed in the first paragraph above, which will be better, in all cases.

EMETIC DROPS,

Or Fifth Preparation of Number One.

This preparation, like the last mentioned, is made from the very best emetic articles known, and, like it, may be depended upon with perfect confidence, as being entirely safe and harmless, and at the same time, easy, certain and efficacious. Nothing more need be said of its virtues, as it possesses the same properties as the last, or 4th Preparation of No. 1; but it is always in a liquid, and consequently always ready for use, by putting a little in a teacup of warm water sweetened, or in a tea of No. 3 or No. 4.

DOSE.—One tablespoon full of those drops at a time, for an adult, in warm water, sweetened,—or a tea of No. 3 is better than the water alone, if it can be had: but that is not absolutely requisite, for this is an excellent emetic alone, taken in doses of a teaspoon full or two at a time, in warm water, every five minutes till it operates; and is a very safe, sure and ready medicine in cases of swallowing poison or the like.

NUMBER TWO.

First Preparation.

This is a very valuable article, either by itself or combined with almost any other article of medicine, except that which may have it in already. It is a powerful and lasting stimulant, either as a medicine or as seasoning on food, and may be used for that purpose, instead of the common black pepper, in all cases whatever, and especially on cucumbers and other green dishes, in the summer season. For a bad cold, hoarseness, cough or consumption, or for palsy, numbness in the limbs, &c., it

may be drank freely in a tea, made of half teaspoon full doses, sweetened, at a time. A little put in vinegar and boiled, is very good as a stimulating, bathing lotion. It also improves vinegar for pickles, or for food, by adding a teaspoon full or two to a quart of the vinegar.

A little fine No. 2 is, perhaps one of the best articles ever tried for removing proud flesh from sores that get cold and are hard to heal. It will also help to keep cold out.



Second Preparation of Number Two.

This is a powerful medicine for colds, or for numbness, or for bathing any deadened or benumbed sore or hurt, rheumatism or palsy, or for sprains or weakness in the back, limbs, breast or side; and may be taken inwardly and bathed on for all those and various other ailments, where a stimulating lotion is needed, and especially before applying a strengthening plaster or sticking plaster, when the Stimulating Lotion cannot be had. By putting an ounce or so of this medicine in a quart of poor vinegar, it will greatly improve its strength and quality for the table, or for pickles.

DOSE.—A teaspoon full or two, at a time, as occasion may require, and if thought necessary, the dose may be increased to a tablespoon full, which may be taken in warm water sweetened, or in No. 3 or No. 4 tea, and repeated three or four times in a day, as occasion may require. And in all cases, if the nerves be affected, half a teaspoon full of Nerve Powder should be added to each dose.



NUMBER THREE.

First Preparation.

This is a medicine of great value in the Thomsonian system; but its virtues are not even yet sufficiently appreciated by many Thomsonians themselves. It is probably the very best medicine ever yet discovered for renovating, and carrying off the slimy mucus and canker of the stomach and bowels, and for removing canker from

every part of the body; by poultices, washes, drinks and injections : For which purposes, a tea of this article may be drank freely by itself sweetened, or with No. 2 or No. 6 in it, for a cold, tooth-ache, rheumatism, piles, old corrupted sores, and almost every other complaint.

A strong tea of No. 3 is the very best article in which to stew a common poultice, and to wet it with while on.

A teacup full of the tea, drank at night; and in the morning to take a dose or two of Laxative No. 4, or Butternut Syrup, with a little No. 1 and No. 2 added, is excellent to cut and bring away the lodgings of worms that inhabit the stomach and bowels.

A strong tea of this, with half a teaspoon full of No. 6, and as much Nerve Powder added, may be used freely for injections in all cases of sickness in the bowels, whatever.

Remember always, when about to take No. 3, that if the mouth be dry and the glands appear obstructed, to add plenty of No. 2; and it will prick the glands and cause the saliva to flow freely, and will leave the mouth moist, afterwards. If this precaution be not attended to, the astringent properties of the No. 3 might in some instances increase the difficulty, or at least, not have the desired effect. Likewise, if the bowels be dry and costive, we should at the same time take injections and one of the No. 4 Laxatives, till the difficulty be removed.

Thomsonians should always be supplied with *Doctor Thomson's perfect No. 3*. It is no novelty to those acquainted with our medicines; but depending upon substitutes, or a spurious article, may be an injury to the reputation of the Thomsonian remedies, and an abuse of the user, and of Doctor Thomson. Every one should be fully impressed with the importance of this advice, and not depend upon mere substitutes, or that prepared by incapable or dishonest hands.

DOSE.—From one to two large teaspoon fulls at a time.

Second Preparation of Number Three.

This is merely a tincture of the above article, and is prepared in this way for convenience, when the first preparation cannot be so easily and quickly made ready as

might be desirable. It may be used in all cases in which we give the first preparation, and in the same manner, and for the same purposes, in doses of from a tablespoon full to a wine glass full at a time, according to the age and strength of the patient, observing all of the precautions given for using the First Preparation of No. 3.

The first preparation, where it can be had, in a tea, sweetened, is undoubtedly the best.

RASBERRY CORDIAL,

Or Third Preparation of Number Three.

This is a very valuable cordial for habitual diarrhœa, or laxative habits, and a weak and too relaxed a condition of the bowels.

Dose.—Adults may take a small wine-glass full three times in a day—children less, according to age.

NUMBER FOUR.

Bitters to correct the Bile and restore Digestion. First Preparation.

This is one of the very best articles known to correct the bile, to tone up and strengthen the stomach; it increases the appetite, promotes perspiration, expels wind from the stomach and bowels, relieves sick head-ache, and restores digestion; consequently, it will strengthen the whole system; and it is very good to check worms in the stomach and bowels, and should always be used with or after taking other medicines for that purpose. It also cures fever and ague, and is likewise very good in all cases of faintness and for those subject to fits, jaundice, gravel, and for all cases of weakness in the loins and obstructions of the urine, dropsies, head-ache and relax, and is most sure to throw off a fever, in its first stages, and should be used in all cases of relax, costiveness and piles. For all of the above complaints No. 4 should never be dispensed with, but should be made into a tea and drank freely.

When we cannot get the hot bitters, we may make them hot, by adding to each large tablespoon full of the common No. 4, half a teaspoon full of No. 2, Cayenne, or any kind of red pepper, or double that quantity of black pepper or good ginger, and mix well together and use according to the above directions.

If laxative No. 4 be wanted, add to each dose of the above, half a teaspoon full of Bitter Root, or one teaspoon full of Butternut Syrup. But the laxative medicines should be used no longer than until the constipation of the bowels be removed, which should always be aided by the syringe; except in cases of worm complaints, then the laxatives may be continued moderately, with a thorough use of the syringe and Thomsonian Clysters.

DIRECTIONS.—One or two teaspoon fulls in a teacup full of boiling water, sweetened to please the taste, stirred well together and drank warm, three or four times in a day, or oftener, will greatly strengthen and brace up the constitution. In slight cases, or in the first stages of disease, soak the feet in warm water at bedtime, about fifteen minutes; then wipe them dry, before the fire, and rub on No. 6 or some other stimulating lotion or liniment.

Never let it be forgotten, before using this medicine, and more especially in bad cases, or cases of long standing, to cleanse the bowels well by injections, and the stomach with a few doses of No. 1, and afterwards take frequently, at night, a dose of the No. 3 tea, to remove canker; then the No. 4 will, if used freely and perseveringly, do its perfect work, and not only restore from sickness, but will prevent attacks of disease, when greatly apprehended from extreme exposure to wet and cold, or other pre-existing causes, from which sickness may be feared. No. 4 is the best morning bitters known.

When the above preparation cannot be had, either of the following preparations of No. 4 may be used, according to the directions, as a substitute. If the bowels be too laxative, add to each dose, one teaspoon full of Composition, Bayberry, or No. 3.

In all cases of INWARD PAINS, of *any name or kind*, add a teaspoon full or two of No. 6 to each dose of the No. 4, and bathe the part affected with No. 6, also.

HOT BITTERS.

Or Second Preparation of Number Four.

This is merely a composition of No. 2 and the First Preparation of No. 4 powders, well mixed together; and may be used in all cases, and for all complaints in which the First Preparation is used, and is much better than it in many complaints, especially where there be great coldness of the stomach and bowels, or cold hands and feet, and in all cases where any fever exists, or sickness be apprehended.

In bilious fevers, sick head-ache, jaundice, and other bilious complaints, when emetics be administered, they may be given in a tea of these Bitters and the common Emetic Tea, or No. 3 tea mixed. After the vomitings be all over, drink freely through the day, for several days and at night, of Sage tea, and in the morning of these Bitters. The Sage tea may be drank cold through the day, if preferred.—Persevere.

DIRECTIONS:—Precisely the same as for the first preparation of No. 4.

In all cases of inward pain or griping, add to each dose a teaspoon full of No. 6 and half a teaspoon full of Nerve Powder, and repeat the dose several times in a day, and persevere till it have the desired effect.

LAXATIVE BITTERS.

Or Third Preparation of Number Four.

This is a preparation something different from the above, as it is somewhat of a laxative nature. It is therefore not so good in cases of relax, dysentary, or the like, as the First Preparation of No. 4, which is not laxative, unless made so, as directed under the description of that article. This is therefore the most suitable medicine to give in all cases of costiveness, jaundice, vertigo, dropsies, &c. And indeed in all cases or ailments mentioned under the First Preparation of No. 4, or any cases of dyspepsia, if the bowels be costive, this medicine should be used freely and perseveringly for a long time, with other remedies as directed under the proper head of each disease.

DIRECTIONS:—The same as for the first preparation.

SPICED BITTERS.

Or Fourth Preparation of Number Four.

This medicine is one of the very best preparations for all cases of sickness arising from weakness of stomach or dyspepsia, in children or females, and for all persons of weak constitutions, and those affected with nervous debility, and all those of consumptive habits. Like the first preparation of No. 4, it increases the appetite, corrects the bile, strengthens the liver and promotes the secretion of pure bile, and enables the stomach to apply the bile to its proper uses. It equalizes the circulation of the heat, the blood, and other fluids of the body, expels wind from the stomach and bowels, relieves sick headache and cholic, cures fever and ague, and is good for them that are troubled with worms, promotes perspiration, and maintains a healthy action through the system.

DIRECTIONS:—The same as for the first preparation.

TONIC POWDERS,

Or Fifth Preparation of Number Four.

Emetics and injections, and even full courses of medicine, are proper and in most cases indispensable before using this tonic medicine. It is chiefly intended for those lingering cases that do not immediately yield to a few courses of the medicine, and the patient manifests an aversion to that perseverance in repeated courses, sometimes almost indispensable for a radical cure.

In many cases of females and others of weak constitutions, where there is a great aversion to the regular treatment, it becomes necessary to vary a little in some things from that course which should otherwise be pursued. But in doing this, we must never lose sight of the true situation of the patient, nor lose the ground already gained. Sometimes a very pure article may be given in a pill or a syrup, or in butter or the like, for a few days, that in another form, would be rejected.

DIRECTIONS.—A teaspoon full of the above powder may be taken every two or three hours, in a cup of Composition tea. In intermittent fevers, during the intermission, it may be given to good advantage.

CONSERVE OF HOLLYHOCK,

Or Sixth Preparation of Number Four,—commonly called Bread of Life.

This is an excellent medicine, possessing much the same properties as Spiced Bitters or Fourth Preparation of No. 4, being good for all complaints caused by cold, and will prevent taking cold; and it possesses an advantage over the Spiced Bitters, to persons travelling or the like, as it may be carried in the pocket in rolls or lumps, wrapped in paper, and eaten dry, at pleasure. In its effects it is a sweetened, demulcent, hot bitter tonic, quite agreeable to the taste, strengthening as well as lubricating to the stomach, and warming to the whole body. A teaspoon full or two of this conserve may be dissolved in a teacup of boiling water and drank, three or four times in a day, and especially at night and morning, and it will assist in bracing up the system. It is, with other vermifuges, such as the Butternut Syrup, or our anti-Dyspeptic pills, very good to carry off worms. Children troubled with worms should be encouraged to eat of it instead of candies and other sweetmeats, which are often injurious to them, if taken in immoderate quantities, which they are apt to do, if permitted. The Conserve is also a very convenient stimulent to use when administering a full course of medicine, especially if the patient be unwilling to take other warming medicines, to the extent that the practitioner may think necessary. Those who use much of the Conserve, should take occasionally an injection or two, and emetics; it will then do much more good.

LAXATIVE CORDIAL,

Or Seventh Preparation of Number Four.

This is a tonic laxative, and while it regulates the bowels by removing costiveness, it, like the laxative No. 4 powder, promotes digestion and gives a good appetite for food. It is a very suitable medicine to take in many cases, after first taking injections and emetics, or a full

course of medicine, to evacuate the narrow passage below the stomach. Persons afflicted with sourness in the stomach, can add to each dose as much salæratuſ or pearlash as will lie on a five cent piece, and it will neutralize the acidity.

Dose.—Adults may take a wineglass full, night and morning; children less, according to age.

NUMBER FOUR SYRUP,

Or Eighth Preparation of Number Four.

This is a very good medicine in all cases in which we might use the first or second preparation of No. 4. Being in a liquid, it is always ready for use. But as it is prepared in spirituous liquor, it is not quite so good for general use, as the two first preparations.

Dose.—Adults may take from a tablespoon full to a wineglass full, three or four times a day; children and weak patients, from a teaspoon full to a tablespoon full, observing the directions for the first preparation.

WINE BITTERS,

Or Ninth Preparation of Number Four.

This is one of the very best preparations that goes by the name of *Wine Bitters*. It is good to take two or three doses in a day, as a stimulating tonic, bitter. And for those who will drink whiskey and other liquors, this is probably the very best *bitters* that can be added thereto.

A small dose diluted in a pint of water, will make a very pleasant and wholesome drink for warm weather.

Dose.—From a tablespoon full to a very small wine glass full, three or four times a day, subject to the directions given for the first preparation of No. 4.

BITTER NERVE DROPS,

Or Tenth Preparation of Number Four.

This is no doubt the very best preparation ever made,

to prevent or cure faintness, or any excitable state of the nerves; hence it is very good for dyspeptic persons, and is a very valuable medicine in all cases of fright, violent anger or melancholy. In all cases of the spleen, hysterical affections, and other complaints of a similar nature, this valuable medicine has no equal known to the medical world.

With this medicine and the Third Preparation of No. 1, we may almost set disease at defiance; provided the necessary care be taken for the preservation of our general health.

This is a very convenient and useful medicine to be supplied with, while travelling, especially for all who are subject to faintness, hysterical, or any nervous affections whatever; being much better for these purposes than camphor; and for head-ache or the like, it is far superior to the volatile salts, and other remedies commonly made use of for such purposes.

DIRECTIONS.—From a half to a teaspoon full may be taken at a time, and increased as the strength of the patient or necessity of the case may require, to one, two or three tablespoon fulls, and repeated, if necessary. Infants under a year old, from five or ten drops to a teaspoon full.

For a violent head-ache, take half a teaspoon full of No. 2, or Cayenne Pepper, and scald it in a teacup of hot water, and sweeten it; then add one or two teaspoon fulls of the tenth preparation of No. 4, and drink at two or 3 draughts. If this do not cure in one or two hours, then prepare a second dose and take, in like manner, and it will cure like a charm; unless the case be of long standing or proceed from external injury. In these cases, too, the patient will receive great benefit by using the above medicine, as directed. But for an effectual and permanent cure of chronic head-ache, the patient must go through a full course of the medicine, and repeat it two or three times a week, till entirely cured. It is also a very valuable medicine for restless and weakly children, and for lying-in females. When No 2 cannot be had, Composition tea, made twice as strong as for common use, with the Bitter Nerve Drops, will seldom fail in giving relief.

NUMBER FIVE POWDER,

Or First Preparation of Number Five.

This preparation possesses the same medical properties as the No. 5 Syrup, but is not quite so convenient, as it requires to be made into a tea before using. When made into a tea, by scalding two or three teaspoon fulls in a gill or two of boiling water, and sweetened with sugar, it is good to restore the digestive powers and promote an appetite. Children may take less, according to their age; but this medicine, like No. 4, may be used freely, to good advantage. It is more mild than No. 4, and may be given to children and weak patients.

Sickness from eating unripe fruit and other causes, may often be prevented in children, by giving them one or two Thomsonian emetics and injections, and follow up with a few doses of No. 5 tea, sweetened, or No. 5 Syrup

NUMBER FIVE SYRUP,

Or Second Preparation of Number Five.

This is a very useful and agreeable medicine to take, either as a restorative after being relieved from sickness, or as a preventive, when one is exposed to causes which may produce sickness. It is also an excellent medicine for dysentary and all bowel complaints, in old or young, male or female, and will greatly strengthen the stomach and bowels, and is good to restore weak patients. It may be ranked as a strengthening cordial for weak patients to recover the tone of the stomach after long sickness, particularly in dysentary, or any disorder of the bowels.

DOSE.—Adults may take from a tablespoon full to a wineglass full, three or four times in a day, or oftener, if the case require it. Infants, under a year old, one teaspoon full, and repeated as above; from one to five years of age, increase the dose about one teaspoon full for every year older the child may be. Children and others who may have eaten too much fruit, may obviate its evil tendency by taking a few doses of this syrup.

INFANT DROPS, AND MOTHER'S CORDIAL,
Or Third Preparation of Number Five.

This is a preparation made up of different articles calculated to ease pain and remove the cause of it; to promote wonted sleep and repose; to comfort and strengthen the stomach and nervous system. It partakes something of the nature and virtues of the Nerve Bitters, but is rather more mild and soothing, especially for sickly children, infants, weakly mothers and women in child-bed. In all of these delicate cases, it is probably the best medicine ever offered to the public. Where the nerves be badly affected, or hysteric fits, or faintness, or spasms appear, it will be necessary to use the Nerve Bitters, either alone or combined with these drops. But in all common cases, and in cases that sometimes occur in which the mother can scarcely tell what aileth either herself or her child, then this medicine will have a happy effect to bring all things right. It is intended to supersede the use of laudanum, paregoric, and all other stupefying doses, such as are sold in the shops and peddled about, or administered by the mineral faculty, to lying-in women and restless children. It facilitates labor, if the *time* be come; and, if assisted with hot stones in wet cloths at the feet, removes after-pains and prevents their re-occurrence; but if the hour of labor be not fully come, it acts in a contrary way, by easing the pain, strengthening the weak and burdened parts, and removing all of those premature symptoms. It is a valuable preparation for cramp, cholic, cholera morbus, and summer complaint in young children.

DIRECTIONS.—To children under a year old, give from ten drops to a teaspoon full, in a tea of Composition, (made weak and sweetened,) two or three times in a day, or oftener, if necessary. If Composition cannot be had, warm water will answer. The dose may be increased to a tablespoon full for children of five years old, and thus regulated according to the age of the child; and add a little No. 6 to each of the doses, in acute cases of cholic, spasms, or summer complaint.

Adults may take from a tablespoon full to a small wine-glass full, four or five times in a day, and in cases of inward pain, add one or two teaspoon fulls of No. 6 to each dose, and persevere till relief be obtained. Using injections at the same time, will greatly aid the work.

NUMBER SIX POWDER,

Or First Preparation of Number Six.

This preparation of No. 6 is the dry powder, and is seldom called for in this state, being much better in most cases in a liquid; yet if it cannot be had as it generally is, in a liquid, and the powder can be procured, we may add half of a small teaspoon full, to each dose of Composition or No. 4 powder, and scald, sweeten, and pour it off, and drink warm, in any case in which No. 6 is recommended. The same tea may be given by injections, but not quite so strong. When there be pain or griping in the bowels, injections such as these would always do good; and for that purpose the lees from which the above tea was made, might be scalded over again, making a mild and good tea for adding to injections. In dysentery and summer complaints, this would be very good.



NUMBER SIX LIQUID,

OR RHEUMATIC AND MORTIFICATION DROPS,

To remove Pain, prevent Mortification, and to promote and maintain a natural heat through the system.

Second Preparation of Number Six.

This preparation is always in a liquid, and it is unrivalled in the cure of many complaints, such as mortification, old or putrid sores, bruise, strain, fresh cuts, pain of any kind, either external or internal, cholic, worms, tooth-ache, or any ailment whatever, which occasions pain; white swellings, or any other swelling, sore shins, scratches or deep pricks or gashes by thorns, nails or splinters running into the flesh. It allays inflammation, cures rheumatism and brings down swellings. It cures fever and ague, by using it perseveringly with No. 4.

Any purpose for which Opodeldoc is used, either on man or beast, No. 6 is far superior; and, indeed, there is hardly a complaint in which this useful medicine cannot be used to advantage.

DIRECTIONS.—It will be best, in most cases, when No. 6 be used *outwardly*, to take several doses inwardly too, in Composition tea, or any of the foregoing numbers, as the nature of the case may require.

When taken inwardly, from one to two teaspoon fulls is the ordinary dose for adults; children half a teaspoon full, more or less, according to their age and strength. No. 6 is also a valuable lotion, and lasting stimulant for bathing the feet with, in cases of cold, after having previously soaked them in warm water; for which purpose, see Stimulating Lotion.

REMARKS ON THE FIRST SIX NUMBERS, AND THE SECONDARY MEDICINES.

The foregoing SIX NUMBERS, in their various preparations and compounds, are the *primary* medicines used in Doctor Thomson's system. They are the head and main stand-by remedies, in connexion with the Vapor Bath, for subduing all of the most acute and obstinate forms of disease known in this part of the world. At the same time, the following described compounds, with the modes of using them, are strictly Thomsonian, and are made much use of, by the great founder of our system, as preventives, checks and palliations to disease, and as restoratives when the corrupting and withering effects of disease have, in any degree, blasted some part or parts of organized or animate creatures. They may properly be termed *Secondary Medicines*; and, although not *numbered* in Thomson's book, yet I have, for the sake of analogy and perspicuity, arranged the most of them in a consecutive numerical order, which is in full accordance with the true Thomsonian text. This methodical arrangement of all of the important medicines, as I have laid them down distinctly, together with a fuller classification and a more analogous arrangement and sub-division of the preceding six numbers, does undoubtedly render the subject-matter much more comprehensible and interesting to all. The above-mentioned improvements in the methodical arrangement of the medicines, together with the full and elabo-

rate description of the uses of each article, with all the necessary *precautions* while using them, on so plain and explicit a plan, will certainly render this part of the work more plain and serviceable to persons unacquainted with the Thomsonian system, and will be a more ready book of reference, and of greater utility in the *practice*, to those who are, than any work heretofore published on the subject.

NERVE POWDER,

Or Number Seven.—First Preparation.

This is a safe and efficacious medicine, and should be given to weak and nervous patients, in all cases of sickness. It may be used in almost every preparation, both externally and internally. It is a great strengthener of the nerves, and excellent to promote wanted sleep and repose; but possesses none of that narcotic, poisonous property of opium. In all cases of nervous affection, hysterical symptoms, and spasms, this medicine should never be dispensed with, but may be added to any of the other medicines, when ready to take, and also to injections. In any case in which the Nerve Drops are used, this powder added to No. 4, or Composition, will answer a good purpose.

DOSE.—From one-fourth to half a teaspoon full, according to the age and strength of the patient. In a general way, Thomsonians do not scald this first preparation of Nerve Powder, but add it to each dose, when cool enough to take.

Over-doses of the Nerve Powder should always be avoided; but when much be needed, repeat them oftener.

COMPOUND NERVE POWDER,

Or Second Preparation of Number Seven.

This preparation of Nerve Powder may be used freely in all cases in which the first preparation is recommended, and is good for asthma, cough, difficulty of breathing, and all disorders of the breast and lungs, pains in the breast

or side, all hurried respirations, palpitations, and hysteric cholic. It soothes rheumatic pains, and relieves strangury. It is probably the best medicine known for females to prevent miscarriages. Taken two or three times a day, after passing a regular course of the medicine, or after having the system properly prepared by evacuations with clysters and emetics, its virtues in strengthening the inward parts and raising the spirits, can hardly be over-rated. It is also well esteemed in coughs, catarrhs and other pulmonary affections, being of itself mildly expectorant.

In common practice, I would prefer using this medicine judiciously combined with other articles recommended for the prevailing disease, whatever that may be; or it may be mixed, in equal parts, with the "Pectoral and Stomachic Composition," which will be improved thereby.

DOSE.—From one-fourth to a teaspoon full in warm water sweetened, or in any kind of tea or coffee, or in Composition or No. 4, which is the best. It may also be mixed with honey or molasses and taken alone, and afterwards taking a draught of Composition, No. 3 or No. 4, or the "Pectoral Tonic Composition."

SWEET NERVE DROPS.

Or Third Preparation of Number Seven.

This is a valuable preparation made from, and possessing much of the same virtues as the Nerve Powders, and may, like them, be given in all cases in which they are used, except in cases of vertigo, delirium, extreme weakness, &c., in which cases either the first or second preparations, or else the Bitter Nerve Drops are preferable; but it has this advantage, that it is always prepared and ready for use, by merely putting a dose of it in a little warm water, with or without sweetening, as may be preferred; or it may be taken in any kind of tea, or in a dose of any of the prepared medicines, or it may be taken alone, as may best suit the inclination of the patient.

DOSE.—One or two teaspoon fulls at a time for an adult, which may be repeated, occasionally, until the nervous symptoms disappear. Children less, according to age.

Over-doses of these Drops, as well as of the Nerve Powders, should be avoided ; but in all cases of necessity, the dose may be repeated, until the nervous symptoms disappear.

ANTI-SPASMODIC TINCTURE,

Or Fourth Preparation of Number Seven.

This is a more powerful preparation than either of the preceding preparations of No. 7. It is a powerful anti-septic, anti-spasmodick anodyne, and may be used in all cases of fits, spasms, cramps, cholera, lock-jaw, drowning, hydrophobia, alarm, hysteric fits, &c.. It may be used in all cases in which the Third Preparation of No. 1 is recommended, if that article cannot be had in its purity.

In hysterical fits and most cases of nervous affection, it may be given frequently, in very small doses, to good advantage.

The Third Preparation of No. 1, No. 6 Drops, with the Second Preparation of No. 1 and the Sweet Nerve Drops, equal quantities of each, mixed and shook well together, form nearly the same thing, and may be prepared by any one having those medicines.

DOSE.—For an adult of ordinary strength from one to two teaspoon fulls at a time, in warm water sweetened, or if cold be prevalent, it may be taken in a dose of Composition or No. 4 Hot Bitters.

COMPOSITION POWDER,

Or Number Eight.

This Composition is for the first stages and less violent attacks of disease. It is a medicine of much value, and may be safely used in all complaints of male or female, old or young. It will cure a relax, dysentery, diarrhoea, and with No. 6 added, is a sovereign remedy for pain in the stomach and bowels, and will remove all obstructions caused by cold, if timely and efficiently administered. Composition is the best thing, to be first used, for sudden cold, foul stomach, head-ache, jaundice, pain in the limbs;

cold hands and feet, gout, rheumatism, or loss of inward heat. It cures a sickly or squeamish stomach which often troubles children and others in the morning.

By taking a dose when going to bed, and putting a hot stone to the feet, wrapped in hot cloths, it will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms be violent, with pain, add to each dose a teaspoon full of No. 6; and if any nervous symptoms appear, add half a teaspoon full of either of the Nerve Powders or Nerve Drops. If this treatment do not have the desired effect, after repeating the dose every quarter or half hour for a few hours, then add half a teaspoon full of any of the preparations of No. 1, to each dose, and repeat it every fifteen minutes, until relief be obtained, which will generally be in the course of an hour or two, at most. After this be all done, follow up the former course for a few days, by omitting the No. 1, and in the meantime strengthen the digestion, and the whole system, with No. 4, as directed under that head.

DIRECTIONS.—The ordinary dose is one teaspoon full at a time, with the same quantity of sugar, scalded in a teacup of boiling water, sweetened and stirred well together, and drank warm. After taking a few doses to open obstructions, so that it may pass off free, and cause sweating, the dose may then be increased gradually to a tablespoon full, if found necessary. Then by getting in a warm bed, and applying the steaming stones to the feet, and to the stomach, side, back or shoulders, if great pain be in any of those places, (as above directed,) and adding to each drink, a teaspoon full of No. 6, and half a teaspoon full of Nerve Powder, the disease will be soon thrown off. Young children may take from one-fourth to a half of a teaspoon full of the Composition Powder at a dose, according to their ages or the violence of the disease. Milk or cream may be added to make it pleasant, especially when given to children, and those opposed to taking it.

COUGH POWDER,

Or Number Nine.

This powder is useful in consumptions, and in all

coughs proceeding from sudden cold, or canker settled on the lungs, whooping cough and all complaints of the breast and lungs. It should be used freely when going through the regular Thomsonian treatment for those complaints.

DOSE.—Take a teaspoon full of the powder mixed in honey or molasses, three or four times in a day, and especially before going to bed; then drink freely of Composition, No. 2, 3, or 4 tea, (or these alternately) after it. And frequently at bed-time, soak the feet in quite warm water, from fifteen to thirty minutes, then wipe them dry, and bathe them well before the fire, with the Stimulating Lotion, or the Vinegar Lotion, and then with No. 6. If these cannot be had, then in the place thereof, use the Second Preparation of No. 2, or the Stimulating Lini-ment. In bad cases it will be necessary to go through full courses; or in the place thereof, to take frequent and thorough emetics and injections; and in all cases the Cough Powder and Hot Bitters should be continued between whiles, till perfectly well.

COUGH DROPS.

Or Second Preparation of Number Nine.

* This valuable expectorant is warranted superior to any thing else of the kind ever offered to the public, for the cure of asthma, cough, whooping cough, consumption, and all diseases of the breast and lungs. Those who may be troubled with fits of coughing, may check it, for the time, by taking instantly, a small dose or two of these drops. For any of the above complaints, they should be taken several times in a day, and especially when going to bed, and getting up in the morning.

DOSE.—In all common cases, take from a half to one or two teaspoon fulls at a time, or more, if it do not produce nausea, in a tea of Composition, No. 2, No. 3 or No. 4. In a tea of these alternately, would answer a good purpose; or for want of these, the drops may be taken in a tea made of ginger, or of the common red or black pepper, sweetened, and will do much good. But in all cases it will be much better to take an emetic and an injection, once or twice a week or oftener; and occasion-

ally to soak the feet in warm water fifteen or twenty minutes; then wipe them entirely dry, and bathe them well with No. 6, or other stimulant, as directed under the proper head.

Directions for bad cases.—During a paroxysm of asthma, give as quick as possible the first thing of a warming nature that can be got hold of, such as Composition, No. 2, strong Ginger tea, or a dose of the Cough Drops: then immerse the feet in water as warm as can well be borne, and continue to drink of Composition or other hot tea, until perspiration ensues; then wipe the feet dry, bathe them as above directed, and go to bed, and put a jug of hot water, or a hot stone or brick, wrapped in wet cloths, to the feet, and then take one or two tablespoon fulls of these drops, or a dose or two of the prepared emetic, or any of the preparations of No. 1. As soon as puking commences, drink freely of spearmint, peppermint, pennyroyal, or Composition tea. The Composition is the best. When the operation of the emetic be over, give some light food; and when the sweating begins to abate, wipe dry and change the clothes. Afterwards take from a half to two teaspoon fulls of these drops, three or four times in a day, in a dose of Composition tea, until a cure be effected. The No. 4 or No. 5 should afterwards be taken to strengthen the stomach and restore the digestive powers.

CHOLERA SYRUP,

Or Number Ten.

The name given to this valuable preparation indicates at once, what it is good for, and consequently what virtues it must necessarily possess, namely, the prevention or cure of cholera. And it is unquestionably the best medicine known either for Asiatic Cholera, so called, or those complaints in children, called Cholera Infantum, or more commonly summer complaints; for which complaints it is a very pure and valuable medicine, for either old or young, male or female, when troubled with any complaint or symptoms of that kind. It may be used at all times at the first appearance of any symptoms of the above complaints, or any griping pains, cholics, or like.

DOSE.—Adults may take a tablespoon full at a time, and repeat at discretion, until relief be obtained. Children may take one, two or three teaspoon fulls, according to their age and the violence of the disease.

DIURETIC POWDER,

Or Number Eleven.

This preparation is one of the safest and best diuretics known. It should be used in all cases of dropsy, stranguary, gravel, and all complaints of the kidneys, and should be used freely while going through the regular courses of medicine for those complaints.

DOSE.—One tablespoon full of the powder to half a pint of boiling water, and steeped half an hour; then strained, sweetened with honey or molasses, and drank warm, will often give relief in a very short time, by perseverance.

DIURETIC DROPS,

Or Second Preparation of Number Eleven.

These drops possess the same medical virtues as the Diuretic Powder, and may be used for obstructions in the loins, kidneys, bladder, and urinary vessels; hence they are good for dissolving calcula, and removing stone, gravel and sand from the bladder, and will cure stranguary, and enable the patient thus affected to void urine freely.

DOSE.—Take one or two tablespoon fulls, in a tea of No. 4, or Composition; but to effect a perfect cure, full courses of the medicine must be resorted to, and perseveringly, and be followed up with the best No. 4 Bitters and the diuretics.

INJECTIONS,

CALLED ALSO, CLYSTERS, OR ENEMAS.

Doctor Thomson, the father of this system of medicine, saith, in his *New Guide to Health*, that “the administering of medicine by injections, is of the greatest importance

to the sick ; that it will frequently give relief when all other applications fail." According to the plan which he has adopted, there are certain objects to be attained in the administration of medicine, by injections, no less than by taking them into the stomach ; namely :—to raise the internal heat, promote perspiration, ease pain by warming the parts, and removing the canker, and guarding against mortification. To accomplish these objects, the medicine capable of removing the complaint, must be applied with discretion to that part where the disease is located ; if in the stomach only, by swallowing the medicine it may be removed ; but if in the intestines, urethra, bladder, vagina or womb, the substance of the same must be given by injections ; and if in the skin or flesh, by poultices, washes or lotions, ointments, liniments and salves. In like manner, where there are old and deep gashes, or deep ulcers in the flesh or along the bone, as in some desperate cases of white swellings, we must, with a syringe or other proper instrument, inject the liquid medicine therein, as necessity may require. In all cases of dysentery, cholera, piles, costiveness, worms, small pox, measles, scarlet and other fevers, and in many complaints peculiar to females, injections are of the greatest importance in giving relief, when properly attended to, with that medicine which is best suited to the occasion. Let the remedy be applied with judgment and discretion to that part where the disease is seated ; for in all cases where the parts are badly affected, injections should never be dispensed with. They are perfectly safe in all cases, and better that they be administered ten times when not needed, than once neglected when they are.

Injections are necessary to be given when taking an emetic, either before or immediately after, (before it operates, especially if the bowels be costive.—Remember that.

DIRECTIONS FOR USING THE SYRINGE ONE'S SELF,


And taking Injections in the Intestines.

A common half-pint or pint syringe, with a straight pipe, with the outer or point end of the pipe somewhat

thicker, of a bulbous oval shape at the point, is about as convenient a one for common family use, as any other. When any other kind be needed, the practitioner should procure one and use it accordingly, as his best judgment may dictate, or the necessity of the case may require.

When the practitioner has the clyster in readiness, (which must be done agreeably to the directions accompanying the medicine, or those found under the proper head in this book,) he should immerse the pipe into the tea or clyster water, and draw back the piston, till the syringe be filled: then be prepared with a little melted tallow, fat or oil, and anoint the fundament or anus therewith, and the pipe will enter without difficulty. Next, grasp the syringe around the shoulder, close at the pipe; then, remaining in a standing position, insert the pipe about an inch and a half, and holding the syringe in a perpendicular manner, with the handle downward, lower the body, by bending the knees, keeping the body straight as possible, until the handle of the piston rests upon the floor, or some other thing so placed for that purpose; and thus holding the syringe, with a firm grasp, continue to lower the body down, until the contents be thrown up into the bowels, which any adult individual may do with great ease. This part of the operation may be performed by the assistance of a friend, if preferred or the patient be weak and not able to administer them himself; and in *any* posture of the body, according to the judgment or inclination of the parties concerned.

When done using the syringe for the time, it should be cleansed, and well rinsed, by filling it, as above directed, with warm water or soap suds, and squirting it out again, with a pumping motion, or otherwise, as may be thought best. Then draw out the piston and lay it by in a safe place to dry, taking care to rub a little sweet oil or lard on the leathers of the piston, to prevent them from drying hard.

 The above directions are designed principally for persons entirely unacquainted with the use of a syringe.

NOTE.—Where a syringe could not be had, I have seen a bladder, with a piece of elder bush, with the pith bored out, used for that purpose. A short pipe made smooth at the end, could be used in like manner, with a bladder.

[While

While I am treating my reader with this subject, I will not let the opportunity pass, without reminding him of the necessity of being provided with a good injecting Syringe. It is an article that no Thomsonian family should be without. The cost of it would be no more than the cost of one visit from a calomel doctor, which might be of little or no benefit; but the syringe, by being used thoroughly, might save many lives, and with care, may last a lifetime. They can be had at Thomsonian, and other druggists' stores.

INJECTION POWDER,

Or Number Twelve.

There are two preparations for injections which may be used in all common cases of pain, canker and other obstructions. This one is always prepared in a coarse powder, of which a strong tea must be made, and when cool enough to take, (with a good syringe made for that purpose) let it be given.

DIRECTIONS.—Scald a tablespoon full of the powder, more or less, as occasion may require, in three or four gills of boiling water; after standing a while to extract the virtues, strain it through a cloth or very fine sieve, and when cooled to blood heat, take a syringe and inject it into the bowels. Retain it as long as ye conveniently can. When the bowels be thus evacuated by one or more clysters, then take another, and retain it an hour, more or less, as occasion may require. If they be thus taken just before going to bed, the last one, made weak, may be retained all night, and will be of great advantage.

This course should be followed up perseveringly, accordingly as the case may require. Some cases of costiveness or piles, that have been of long standing, may require many weeks to effect a cure; but the great advantages to be derived will amply repay.—Persevere.

CLYSTER WATER.

Or Second Preparation of Number Twelve.

This preparation is similar in every respect to that prepared out of the powder, except that it possesses a

greater degree of strength, and is always ready for immediate use.


DIRECTIONS.—Put from one to four tablespoon fulls in a half a pint or more of warm water, and it will be ready for use, and may be taken as directed to proceed with a tea of the injection powders.

WORM POWDERS.

Number Thirteen.

This is the purest and probably the best vermifuge or worm medicine known. If the patient be opposed to taking it, the Worm Syrup, Worm Lozenges, or Butternut Syrup may be resorted to, to a good advantage, as they are mild and more easily taken. But those troubled with any ailment whatever, ought not to be against taking the *very best* preparations for that complaint, when they can be relied on for safety and efficacy, and will leave no sting behind.

DOSE.—These powders may be mixed in molasses, and eaten at pleasure, especially at night and morning, after which, drink freely of Composition and No. 4 tea, or a tea of No. 2 and No. 3, or these alternately. Or, a tea may be made of the Worm Powder and sweetened, and drank freely, as above directed. Evacuate the bowels and stomach, well, by clysters and emetics, previously, and success will be the reward.

 For further directions, see worms.

WORM SYRUP.

Number Fourteen.

This is a valuable medicine for children that are troubled with worms, and will be taken by them more readily than most other worm preparations. It is good to prevent fits in children that be badly affected with them, as is sometimes the case. It is much the best way to evacuate the bowels and stomach by injections and emetics, before using the worm medicines; they will then cut and bring

away the great mass of flegm from the stomach and bowels, which is their natural element and lodging; then the tonic and vermifuge properties of this medicine will do twice the good, in half the time that it otherwise would.

DOSE.—Children from three to five years old, may take two or three tablespoon fulls of this syrup, night and morning, for a week; then miss a few days, and repeat the same course of doses again, as occasion may require. Adults may double or treble the quantities given to children, and pursue the same mode of taking it.

BUTTERNUT SYRUP.

Number Fifteen.

This is a pleasant and mild purgative vermifuge. It is a safe and efficacious loosening medicine for the bowels, and may be given to children and adults for that purpose. It is a suitable and convenient article to take after using other medicine for worms. It is, of itself, a vermifuge, and is known to have expelled the tape-worm, by using it for a length of time.

DOSE.—Adults may take from a teaspoon full to a tablespoon full, as may be found needful, night and morning; and, while using it, drink freely of No. 4, Composition, or No. 2 and 3 tea. Enemas and emetics had better be *previously* used; then this medicine will clear all remaining obstructions from the alimentary canal.

LAXATIVE PILLS.

Number Sixteen.

These pills are intended for those who are troubled with constipation of the bowels or habitual costiveness, and those who travel much from home, and be troubled with weakness and want of action in the intestines. They are very convenient to carry with one's self and take, at any time, when needed. They answer well for those to begin our system of medicine with, who are opposed to taking injections and emetics, being, probably, the most harmless

laxative pill ever offered to the public. They are, as all other Thomsonian medicines, entirely vegetable, and not violent in their operation, as most of the pills and physics sold at the drug shops are; but they give an easy and natural movement to the bowels, if the proper quantity be taken at a time. They are good, with other things, in cases of piles, jaundice, foul or bilious stomach and head-ache, and will help to cleanse the blood and strengthen the digestion.

DOSE.—Adults may take from three to six pills before going to bed at night; then drink a dose of Composition tea, with No. 6 in it, or either of them, and great benefit will be derived. Children, a year old and upwards, may take from one to three pills, according to age, as above directed for adults. One or two pills at a time may also be taken an hour or so before or after meals, and continued as may be found needful. They will not have the effect to increase the difficulty they were intended to remedy, as is the case with most of the cathartic nostrums which flood the country.

Although I say what I have in behalf of these pills, yet it is necessary to let my reader know that medicine taken in pills, is not the best way to go about removing disease. For the reasons above stated, they are made. But, to effectually remove any disease, thorough treatment, as directed under its proper head, is the sovereign remedy.

ANTI-DYSPEPTIC PILLS.

Number Seventeen.

These pills are what some would call anti-bilious pills. They are the best article now offered to the dyspeptic, by the name of *pill*. They relieve and cleanse the stomach, correct the bile, promote and strengthen the digestion, increase the appetite, relieve sick head-ache, and, with No. 3 injections, will cure the piles, remove slegm and canker from the stomach and bowels, drive away worms and root out their lodgings, and other intestinal obstructions. When troubled with costiveness or constipation of the bowels, injections and the Laxative Pills, or the But-

ternut Syrup, or Laxative No. 4, should be used along with them. When taking these pills to cure the piles, Thomsonian injections should be used daily, and a cure may be speedily effected; but, in bad cases, or cases of long standing, the full courses must be resorted to.

DOSE.—Adults may take from three to six before going to bed, and then a dose of Composition and No. 6, or either of them, and it will greatly assist the operation of the pills. Children from one year and upwards, may take from one to three pills, at night, and drink Composition tea. A less quantity may be taken, from a half to one hour before or after meals, and they will, in a short time, increase the appetite and strengthen the whole frame.

COUGH LOZENGES AND WORM LOZENGES.

Number Eighteen, and Nineteen.

Lozenges are sometimes made for a cough, hoarseness, shortness of breath or phthisick, and other complaints of the breast and lungs, and are eaten like candies or other sweetmeats. Another sort of Lozenge is made for worms, quite palatable, so that those who will always have sweet things rather than bitter, may be accommodated, and do a little good.

DOSE.—From a half, to one or two of either kind, may be eaten at a time, at pleasure, and especially before going to bed. Children a half, more or less, according to age.

BLACKBERRY CORDIAL.

Number Twenty.

This is a very pleasant and good medicine for young or old, and is valuable in summer complaints in children, and in dysentery, being a good tonic and strengthener of the stomach and bowels.

DOSE.—Adults may take from a tablespoon full to a small wineglass full at a time, three or four times in a day, and continue, as may be found necessary. Young

children may take from a teaspoon full to a tablespoon full, according to their age and strength, and repeat it several times in a day, or till relief be obtained.

HEAD-ACHE SNUFF.

Number Twenty-One.

This is a good article for snuffing up the nose, in cases of stoppage therein, by cold. It often gives relief in cases of sudden head-ache, and will assist in clearing the brain in cases of cold in the head. This snuff, though very valuable, and may be used to advantage in cases like these, especially when taking other medicines for the same purpose, yet it should not be relied upon, alone, to throw off the cold; it being rather a palliative or auxiliary.

STYPTIC SNUFF.

Number Twenty-Two.

This powder possesses, in a very great degree, the properties which its name indicates: that is, the power to stop bleeding. For this purpose it may be blown into the nose to stop bleeding. Likewise, cuts or hurts that continue to bleed, after being closed and having the proper operations performed, might have a pinch or two of this snuff dropped on the bleeding spot. The hottest medicine should be given inwardly, at the same time.

VOLATILE SALTS,

SUITABLE FOR SMELLING BOTTLES.

Number Twenty-Three.

Volatile Salts is an article which has long been in use to relieve head-ache, faintness, &c., and sold by the apothecaries in what are called smelling bottles. The Volatile Salts prepared by Dr. Thomson is a much better article than the other, and ought to be procured by those who wish to have the genuine article.

TOOTH POWDER.

Number Twenty-Four.

There has been much labor and pains taken by medical men and by apothecaries and others, to discover something for the purpose of preserving, beautifying and cleansing the teeth. But very few of their preparations have proved themselves, in any degree, capable of performing these desirable objects, until Dr. Thomson arose to clear the cobwebs from our eyes, as well as quack nostrums from our diseased bodies. He prepares a vegetable powder which has been proven by the best test in the world, that of experience, to possess the desirable properties in a greater degree than any other article of the name of Tooth Powder.

DIRECTIONS.—Use a little of the powder with a soft brush and some tepid water, every evening after supper, and not wash the teeth until morning. For want of a soft brush, use a bit of sponge that is clear of sand, or even the finger. By cleansing the teeth and gums in this way, with the Thomsonian Tooth Powder, it will not only preserve and beautify the teeth, but will prevent or cure the canker and scurvy in the mouth and gums, and sweeten the breath.

TOOTH-ACHE DROPS.

Number Twenty-Five.

No. 6 is a very good article alone for tooth-ache drops. There are also several other Thomsonian articles which may be used for that purpose, combined with No. 6, or alone, as may be preferred; namely;—the Third Preparation of No. 1 alone, is excellent; Oil of Summer Savory is very valuable for that purpose. It is said that a little of it dropped into an aching tooth, will give immediate relief. Some use Camphor, in No. 6, or in spirits, for the same purpose. They are all Thomsonian remedies for tooth-ache. I have made what I believe to be a superior article for Tooth-Ache Drops, thus;—To half a pint of best No. 6, add the same quantity of the strongest Third Preparation of No. 1, and dissolve therein one

ounce of Gum Camphor, with or without the Oil of Summer Savory, a half an ounce of which might be added to the above, especially for saturating the lint plug, &c..

DIRECTIONS.—In all cases of tooth-ache, if it be desired to cure the pain without extracting the tooth, the patient should take several doses of Composition tea, sitting before the fire or other warm place, and cover himself all round and over, except the face, with a blanket, to shield off the external air; then have made in readiness a small plug of lint or cotton, filled with the finest and best Cayenne Pepper, or No. 2, and saturate the same well with the Drops; then, with the large end of a darning-needle, or other small instrument, place it well in the hollow of the tooth; then bathe frequently the gums all about the affected part, with the Drops, and also the jaw and around the ear and along the glands of the neck, and drop two or three drops in the ear. Then have made in readiness a small bag of very thin, soft muslin, about the size and shape of a large flat bean, and fill it with the best Cayenne or No. 2, and sew it up; then saturate it well with the Drops, and place it between the cheek and the jaw where the pain is located. When this be all done, if the pain do not begin to abate, then the feet should be placed in a vessel of warm water, and the heat gradually increased by adding warmer water, until it come to 110 or 115, and, if desired, 120 degrees. This can be easily ascertained by immersing a thermometer in the water a couple of minutes, and noticing to what height the quick-silver will rise. The feet may remain soaking, fifteen or twenty minutes, as may be thought necessary. During all of this time, continue to drink of Composition, or No. 2 and 3 tea, with a teaspoon full of No. 6 in each dose; and for every dose thus taken, repeat the bathing of the gums and face, and drops in the ear, as above directed. When the feet be sufficiently soaked, take them out of the water, wipe them dry before the fire, and rub them all over and under, and continue up to, and round the knee joints, with any of our stimulating lotions or liniments.

A very good and cheap substitute for the liniment may be made by boiling one or two large red pepper pods in a teacup full of good vinegar or whiskey, and adding to it

a teaspoon full of salt. But in all cases, the best rheumatic liniment or lotion, No. 6, or the Third Preparation of No. 1, is the most efficacious.

In nine cases out of ten, the above-described practice will cure in less than two hours, if it be well administered. However, in some cases of long standing, where much cold has settled in the system, it will be necessary, even after the above treatment be gone through, to take three or four good doses of No. 1, in a strong tea of No. 2 and 3 mixed; and then one or two injections of the same, diluted with warm water. If this be done, the patient should then go to bed and cover up warm, and put a hot stone, wrapped in damp cloths, to the feet, and in the meantime continue all of the first-mentioned treatment, except the soaking of the feet, (as once will be sufficient for them at that time,) and in ninety-nine cases in a hundred there will be a complete cure in less than six hours.

Persons having decayed teeth may often prevent the troublesome ills of tooth-ache by having about them some Bread of Life, or No. 6, and taking a few doses occasionally, and bathing the face with No. 6, or these Drops.

PECTORAL STOMACHIC COMPOSITION.

Number Twenty-Six.

This is an excellent Pectoral Tonic Composition, which will relieve coughs and soreness about the breast, throat, or stomach, and is a valuable medicine for persons of consumptive, debilitated habits, and would do well to be used freely in those complaints, while going through the regular treatment. In nervous affections and female weaknesses, hysterical and even spasmodic complaints, it may also be used.

DOSE.—Adults may take a tablespoon full at a time, several times in a day, and before going to bed; then drink a dose of Composition or No. 3 tea. It is good, after this be done, to soak the feet in quite warm water, fifteen or twenty minutes, and wipe them dry, and then rub them well with something stimulating. This might be done two or three times in a week, while using the above medicine.

STIMULATING VINEGAR LOTION.

Number Twenty-Seven.

This medicine is a valuable compound, made up in the best quality of vinegar. That article is of itself an opening, cleansing fluid. Hence this lotion is good for bathing all sorts of hard and crusty skin and swellings, and white swellings and all putrid sores, especially after having first washed them with pearl-ash water, or soap suds. It should be used both outwardly and inwardly before using the No. 6, or Rheumatic Drops, for rheumatism, bruises, stiff joints or any pain in the shoulder, loins or limbs, as it will soften the skin and open the pores to receive the No. 6, which will then penetrate and do much more good than it would without thus preparing the diseased parts to receive it. In all cases where a Strengthening Plaster is to be applied, the affected part should be first bathed well, before the fire or a hot stove, with as much of this lotion as can be absorbed in five or ten minutes; then the rubbing should be continued gently till the skin becomes entirely dry: then, in like manner, bathe the same place with No. 6, or the Third Preparation of No. 1, and continue the rubbing till quite dry, as before; then have the plaster ready, and warmed, so that it will stick, and apply it to the part which had been just bathed, having that part warm also, (*but not over-heated.*) Then press or rub the plaster on with the hand till it adheres to the skin.

This lotion may also be taken inwardly, in doses of one, two or three teaspoon fulls at a time; but in less quantities when given to children, according to their age. It is good to promote digestion, and for that purpose may be used on victuals instead of vinegar, pepper, &c.; or it may be mixed with vinegar, and it will greatly improve its quality for table use. It is an excellent medicine to check excessive puking, by taking it in small doses. It is a very valuable article to loosen the throat and breast when stopped by a cold; and it may be simmered in butter, with a little honey, molasses or sugar, and taken warm, when going to bed, for a hoarseness, sore throat, &c.; but, in bad cases, it should be followed up with No. 3 and No. 6, to remove canker and prevent inflammation.

STIMULATING WHISKEY LOTION.

Number Twenty-Eight.

This, as well as the above, is a very valuable bathing lotion, and may be used in many cases, instead of the Vinegar Lotion; but it is quite a different article, being seldom or never taken into the stomach; though, in small doses, in some cases, it might be useful. Its principal usefulness is to bathe over the body, instead of the cold bath, after steaming, when going through a course of medicine. For this purpose, it may be mixed with an equal quantity of water, and applied, with a sponge, to the whole surface of the body, touching lightly about the eyes and other tender parts. The application of the Whiskey Lotion, in this way, will effectually prevent cold after a sweat, taken in any manner whatever; provided the patient take Composition or some other stimulating medicine, inwardly, at the same time. With this lotion, in its purity, we may wash all sorts of putrid sores, benumbed flesh or limbs, hands or feet,—the feet after soaking, &c.; and, indeed, it may be used as a bathing lotion in almost all cases instead of the Vinegar Lotion, when that article cannot be had.—Shake the bottle before using.

STIMULATING LINIMENT.

Number Twenty-Nine.

This is a powerfully stimulating liniment, made up of the very best articles known for raising and maintaining the natural heat in the limbs and external parts of the body, where the warmth and vital action are greatly diminished,—the pores becoming closed and the fluids thickened by cold. It may be used in all cases of coldness and numbness of the flesh, limbs or surface of the body; in all cases of pain, rheumatism, bruise, sprain, palsy, St. Vitus' dance, contortion or stiffness of the joints, &c. It is also very valuable to rub on (like a salve,) any slight hurt, scratch, pricks by thorns, splinters, nails, or sores of any kind, to prevent them from taking cold and festering, and dispose them to heal.

DIRECTIONS.—Rub this liniment in well, before the fire, once or twice a day, and drink freely of No. 4, or Composition, with a teaspoon full or two of No. 6 in it, daily, till cured. In all very bad cases, the full courses should be resorted to, and the sore bathed with the Third Preparation of No. 1, No. 6, or the Vinegar Lotion, before applying this liniment, and if there be any life in the body it will be felt; provided these directions be well followed. Persevere till it becomes uncomfortable.

RHEUMATIC LINIMENT.

Number Thirty.

This is a very powerful liniment, prepared expressly for rheumatism, and all pains caused by settled cold in any part of the human frame. For all stiffened and painful joints, hip-complaints or sciatick pains, or gout of any kind, corns and strictures, numb palsy, or numbness in the hands, feet, or any part of the body. When going through the regular treatment for rheumatism, or any complaint of that nature, this liniment may be used to much better advantage, after each course of medicine and bathing with the Vinegar Lotion, than in any other way.

DIRECTIONS:—The same as for the Stimulating Liniment.—See Rheumatism.

NERVE OINTMENT.

Number Thirty-One.

This is a valuable ointment for a bruise, sprain, callous, warts, corns, chilblains, hard and crusty skin, palsy, &c..

DIRECTIONS.—It is very good, before using this ointment, to soak the affected part in warm water twenty or thirty minutes, then wipe dry and rub on the Third Preparation of No. 1, or Vinegar Lotion, or No. 6, and continue rubbing before a warm fire till quite dry and warm; then rub the ointment well in. In all bad cases, even for corns and the like, full courses of the medicine are strongly recommended, once or twice a week, while using the

above applications, being careful to steam the affected part well; then wipe dry, and proceed as above directed.

When the affected part be steamed, bathing in warm water may be omitted for that time.

ITCH OINTMENT.

Number Thirty-Two.

This is confidently believed to be the most innocent and least offensive article used for that troublesome complaint, while at the same time it is an effectual remedy.

DIRECTIONS.—Before using this ointment, the patient should take one or two good doses of Composition, to drive it out; then rub the ointment well in, at night and morning, and so continue the use of the two articles till entirely cured. When the patient thinks himself cured, he should go through one full course of medicine to clear the system. And, in all very bad cases, the patient should go through a full course every two or three days till entirely cured. The worst of cases, with proper treatment, can be cured in a week or less.

CANCER PLASTER.

Number Thirty-Three.

This is a valuable plaster for drawing out cancers, and for drawing the acrid humor from sore shins, old sores that are hard to heal, sore lips, &c.. As a cancer is a very distressing sore, and requires other particular treatment, besides the plaster, especially if it be a bad one, the reader is referred to that particular head, for further information.

STICKING PLASTER.

Number Thirty-Four.

This plaster is for confining the edges of large wounds, cuts or gashes of any kind, in the skin or flesh, or for deep ulcers that have discharged and become cleansed,

ready for healing, to keep the edges to their places and shield them from the external air, till they heal. It may also be used instead of the Strengthening Plaster, for weakness in the back, limbs, &c., when that article cannot be had.

DIRECTIONS.—Spread the plaster thinly as possible over a slip or slips of fine, close linen cloth, and apply to the cut or sore; and if the sore be large, the slips of plaster-cloth may be increased, and laid on, one beside another, crosswise of the sore; and, if necessary, other slips over them again, in other directions, as may be found necessary, until the wound be well secured, so that it may heal.

When the Sticking Plaster be used in the place of a *Strengthening Plaster*, it should be spread upon thin leather instead of linen cloth.

STRENGTHENING PLASTER.

Number Thirty-Five.

This strengthening plaster is of great value for old or weakly people, and is especially designed for weakness in the back, breast, joints or limbs, and for sprains, bruises, dislocated joints after they be replaced and contracted, pain in the side, breast, back, shoulders, neck, and the like places; as it will not only brace up and support the part affected and scatter away the pain, but will effectually shield it from the cold air till the wanted heat and healthy action return. It is often of great service when applied to the breast and side, in cases of liver complaint, consumption, &c..

DIRECTIONS.—Before applying this plaster, the parts affected should be bathed well before the fire, with the Stimulating Vinegar Lotion, and rubbed till quite dry; then with No. 6 or the Third Preparation of No. 1, and have it also well rubbed in before the fire; and so continue the bathing and rubbing ten or fifteen minutes, or longer, according to the degree of coldness, pain or obstruction, existing. Then take a piece of very thin, soft leather, large enough to cover the part sufficiently, and

spread it over (within one-fourth of an inch of the edge,) thinly as possible, and apply it warm, and press or rub it over with a warm hand, till it becomes completely stuck to the skin. Bathe the parts all around the plaster frequently, with No. 6 if the part be soft and tender; but if it be hard and crusty, bathe with the Third Preparation of No. 1, and leave the plaster on till it comes off of itself. If it come off too soon, warm and moisten it, with a few drops of spirits of turpentine, and work it soft; otherwise, add a little more of the plaster, and bathe the part as at the first, and stick it on again, and it will be good as ever. And whenever the plaster be off, whether it come off of itself, or otherwise, and whether it be renewed or not, the part should be washed with soap-suds and bathed or rubbed with something stimulating: or even a full course of medicine would be first rate.

There are many instances of young infants that have very weak backs, joints and limbs, that would be greatly benefitted by wearing these plasters.

CORN PLASTER.

Number Thirty-Six.

The mineral doctors and nostrum quacks of our country, have invented various kinds of preparations and applications for corns; but most of them are not only useless, but worse than the corns themselves. All who wish to use of the mild and innocent Thomsonian preparations, should beware of all of the above articles, as many of them will not only not cure at all, but render a complete cure much more difficult to perform. Very bad corns are generally hard to eradicate, and when aggravated with poison causticks, they are much worse, and still harder to cure. Thomsonians also, have different remedies for corns, all of which are harmless, and more or less efficacious in removing them. The Corn Plaster, with the regular treatment and management of corns, under that head, is probably the best method of cure. The Cancer Plaster, or the Strengthening Plaster may be used for the same purpose. The Nerve Ointment, with the Third Preparation of

No. 1, will in time eradicate them. But in all cases, the cause [a tight shoe] must be avoided, else all the remedies in the world will fail. For each particular mode of treatment, see Corns.

COURT PLASTER.

Number Thirty-Seven.

This is a plaster ready for use; spread upon fine black silken cloth, for the purpose of covering slight hurts, cuts, or small sores of any kind, on the face or hands, to keep out cold and dispose them to heal.

DIRECTIONS.—Cut out, with scissors, a bit large enough to cover the sore, and moisten it just sufficient to make it stick; then bathe the sore with No. 6 or the Third Preparation of No. 1, and apply the plaster, and it will heal very soon; unless it be a cancer or something worse than common; in which case the *remedy* must be accordingly.

HEALING SALVE.

First Preparation of Number Thirty-Eight.

This may justly be called a *Universal Healing Salve*, as it has been found, by a practice of a long series of years, to possess powerful virtues for healing up fresh cuts or wounds, burns, scalds, and all bad sores, after the inflammation be allayed and the wound cleansed. •

DIRECTIONS.—There are a great many sorts of hurts and sores that require a good bathing with No. 6 or the Third Preparation of No. 1, before using this salve. The reader will do well to remember always that the Third Preparation should, when bathing sores, be used in cases that are hard, crusty or callous, and the No. 6 where the part is tender or soft. In cases of poison, sting or bite, the Third Preparation of No. 1 should always be used with a liberal hand.

LIP SALVE.

Second Preparation of Number Thirty-Eight.

This, like the common Thomsonian Salve, is very

healing; but it is of a much harder consistency than the other, and requires to be warmed when used. It is so made, because it is generally applied to the lips, face or hands, that are exposed to the atmosphere; serving, in some degree, as a shield from the action of the wind, &c.. It is also very good for healing any other kind of sore, if first thinned by melting along with it a little sweet oil or lard.

DIRECTIONS.—Before using, bathe the part with the Third Preparation of No. 1 or No. 6. If these seem to be too severe, use, instead thereof, the Sweet Tincture of No. 1, and drink freely of Composition, or No. 3 and Hot Bitters, three or four times in a day, till cured. At the same time keep the bowels free.

In all bad cases, a short course, or if necessary, a full course of medicine should be administered; then the above directions will have a much better effect.

HERPETIC AND ANTI-SCORBUTIC POWDERS.

First Preparation of Number Thirty-Nine.

This powder, as well as the Second and Third Preparations of No. 39, is composed of vegetables known to be very purifying and cleansing in their nature, as well as healing and strengthening. In connection with the vapor bath, they stimulate and excite an action in, and give strength to the small, obstructed vessels to discharge the distemper by the natural passages of the body. They are stimulant, detergent, sudorific, diuretic, emmenagogue, laxative, astringent, expectorant, anti-septic, deobstruent, herpetic, anti-scorbutic, nervine and tonic. Hence it is, that where these preparations, aided by the energetic power of steam, (and occasionally a little No. 1,) used thoroughly, efficiently and perseveringly, all of those disagreeable affections, such as scald-head, scurf, tetter, ringworm, shingles, scrofula, scurvy, Saint Anthony's fire, and every other fiery or prickling sensation in the skin, is made yield to the potency of the Thomsonian Practice.

DOSE.—Take one tablespoon full of these powders, and

scald in a quart of boiling water, and let it stand in a warm place to extract the virtues thereof. Then sweeten and drink from a half to a teacup full of the tea at a time, and repeat the same every hour through the day, adding to every second or third dose, one teaspoon full of No. 6, and also rub on, once or twice in a day, the Tetters Ointment, or Lotion. In all bad cases, or cases of long standing, the full courses, with these prescriptions, are the only remedy.

TETTER LOTION,

Or Second Preparation of Number Thirty-Nine.

This lotion is intended for all sorts of tetters, ringworm, scald-head, St. Anthony's fire, and for all scrofulous diseases, and eruptions of the skin, and should be taken inwardly, and the affected parts bathed or washed frequently with the same, while undergoing the regular courses of medicine for those complaints. If the case be not very bad, great benefit may be had, or even a cure performed by drinking frequently a tea of the Herpetic Powders, else Composition, or No. 3 and No. 4 tea, with a dose of these drops therein, and bathing frequently with these drops, and then applying the tetters ointment effectually.

DOSE.—When taken inwardly, from a teaspoon full to a tablespoon full at a time is sufficient, which may be repeated several times in a day. If the full courses be administered, it may be taken after that operation be over, and the body, or affected part bathed over with it.

TETTER OINTMENT,

Or Third Preparation of Number Thirty-Nine.

This ointment is altogether for an outward application, and may be used in all cases in which the Tetters Lotion is recommended, and may be used alone after a course of medicine, for all tetters, ringworms, scald-heads, and other cutaneous diseases.

DIRECTIONS.—It is better before using this ointment, to

bathe well the part affected, with the Tetter Lotion, and to rub each well in, seperately, before the fire, and take inwardly, at the same time, a dose of the Tetter Lotion in common coffee, or in Composition, or No. 3 and No. 4 tea. The addition of No. 6 to each dose, or at intermediate intervals, will accelerate the cure.

EYE - WATER.

Number Forty.

There are a number of preparations spread abroad in the world, and puffed in the newspapers, as much as would be necessary if they had the power of making the blind to see. And there is another article, which is called Dr. Thompson's Eye-Water; but what it is composed of, I know not. The name has a *p* in it, which if observed, is sufficient to show that he is not Dr. Samuel Thomson.

White vitriol, a poisonous mineral, is employed in the manufacture of much of the eye-water that is sold by the doctors and apothecaries, and many other dangerous articles enter into their hurtful compositions, which all should beware of.

This Eye-Water is entirely a vegetable preparation; and I know of no mineral that can be employed in it or any medicinal preparation, and used without injury, except salt. I have frequently employed a very small portion of salt in an eye-water which I prepared myself, and used for my own eyes, many years ago, which did them much good. I made that eye-water principally of articles possessing the same virtues or properties as some of those of which Dr. Thomson's is composed, although at that time I knew nothing of the Thomsonian system. This valuable eye-water may be used freely in almost all complaints of the eyes, such as dimness of sight, soreness, weakness, or inflammation of the eyes; or even in cases of hurts or external injuries, or injuries by dust or other things getting into them.

DIRECTIONS.—If the eyes be much inflamed, weaken this wash by adding a little pure water or chamomile tea, to as much as is wanted to be used at a time, with which

the eyes may be bathed with a bit of soft sponge, or linen rag, or the patient may lie upon his back and drop a few drops in each eye, then open and shut them several times. This may be done every evening before going to bed. In the morning, when washing the face, hold the face and eyes all over in water, and open and shut the eyes until they be well washed out; then wipe with a clean towel and apply the eye-water as before. Continue this course with the necessary treatment to clear the system, until cured.—Emetics and injections must not be omitted.

ESSENCE OF PEPPERMINT.

Number Forty-One.

This is good for hiccoughs, cholic, wind in the stomach, and pain in the bowels of children and adults, and may be used to check excessive puking and for other purposes, with safety; but it is not more valuable than the Infant Drops, No. 6 and other preparations, for the same purposes.

DOSE.—From a half to a teaspoon full may be taken at a time, on a little sugar or in warm water; or it may be taken in its purity, or in any suitable kind of warm tea. Give children less, according to age, and repeat it as occasion may require, if other medicines cannot be had.

SYRUP OF PEACH BLOSSOMS.

Number Forty-Two.

This syrup is mildly laxative,—used principally for infants. It is also strengthening to the bowels, and expels wind from them. In small doses, night and morning, it is a useful alterative,—increasing the appetite by promoting digestion. It is also recommended as a good remedy for worms, but in larger doses.

DOSE.—Give one teaspoon full at a time, and repeat the dose at discretion, according to the age of the infant, or the necessity of the case.

NUMBERS THREE AND SIX COMPOUND.

Number Forty-Three.

This is a valuable compound, and may be used to good advantage in a great many complaints, where Nos. 3 and 6 are recommended. It is an excellent remedy for bowel complaints in children, and is a valuable restorative, for old or young, to take a few doses after a course of medicine. A strong decoction of Bayberry root bark, two parts, and No. 6, one part, sweetened well with loaf sugar, will answer the same purpose.

DOSE.—From one to three teaspoon fulls at a time.

BALSAM OF HONEY.

Number Forty-Four.

This has been much recommended for coughs and consumptive weaknesses. It is used as a pectoral in colds; coughs, hoarseness, &c.. One ounce of this Balsam added to a quart of Cough Drops, and well shaken together, having the Drops previously warmed, to facilitate the mixture, would greatly improve the taste, and, no doubt, add to the virtues of the Cough Drops.

DOSE.—The Balsam, when used in its purity, may be given to adults, in doses of one, two or three teaspoon fulls, and increased to one or two-tablespoon fulls.

When given in the Cough Drops, smaller doses will suffice.

GOLDEN TINCTURE, OR ESSENCE.

Number Forty-Five.

There is a good deal said in favor of a medicine by this name, and also much use made of the same; but it is a different article from this, and is used by people who are not Thomsonians. It is sold by the apothecaries, with printed labels recommending it for almost all inward ailments, and especially for females. But I believe that to be a *very different* compound from this;

and I would here caution those who wish to use Doctor Thomson's life-invigorating medicines, not to use such articles at all; to be very particular about obtaining articles prepared by approved Thomsonians, and no other. This Tincture is good for pain in the head, stomach and bowels, by taking a few doses, and bathing the head or parts affected with the same, or with No. 6 or Vinegar Lotion.

It is said to be good for female obstructions, and is recommended, with other things or alone, for cholic pains in children, and is a very pleasant medicine to take.

DOSE.—Children, one year old and upwards may take from one-fourth to a teaspoon full. If younger or older, diminish or increase the quantity accordingly, and repeat it at discretion. Adults may take three teaspoon fulls, and repeat as may be judged necessary, with other prescriptions, as directed.

SUDORIFIC, OR SWEAT POWDERS.

Number Forty-Six.

This is a composition, composed of such vegetables as are known to be excellent for promoting perspiration; and whenever it be desired to produce copious sweats, this medicine will be found to answer a very valuable purpose. And there is not the danger of taking cold while using this medicine, that there is after perspiring freely, without taking something of the kind, to keep up the natural action of the system. For persons that are hard to sweat, having tight or contracted skin, this medicine is very valuable, and should be used freely. It may be used by male or female, young or old, whose situation or habits of body require cleansing by the perspiring vessels.

DIRECTIONS.—For adults, take one, two or three teaspoon fulls of the powder, and scald in half a pint of boiling water, stir it well together, sweeten and drink it warm several times a day, and especially when going to bed at night. Should this not produce the desired effect after trial for a day or so, then take one or two more doses of

about double the quantity, and add half a dose of No. 2, or Composition, and in half an hour after drinking this and plenty of other warm drinks, apply the vapor bath or steam, as directed in this book, and if there be any life, and water enough in the body, the patient will perspire.

It must, however, be remembered always, that if the skin be very dry, hot and feverish, it must be sponged over with cold Vinegar Lotion, Whiskey Lotion, or even pure vinegar, or luke-warm water, after drinking some of the hot stimulating teas, and before applying the steam: then all will go on safely.

SUDORIFIC, OR SWEAT DROPS.

Second Preparation of Number Forty-Six.

These Drops possess, in every respect, the same virtues as the Sudorific Powders, and may be used in all cases in which they are proper, except in cases where there is great nervous debility, or females in a state of pregnancy, in which cases a tea of the powders are to be preferred.—See directions for Sudorific Powders.

DOSE.—Adults may take a tablespoon full at a time, either alone or in a tea of Composition, Peppermint or Pennyroyal, and repeat, observing particularly the precautions for taking the above Powders. Children may take from one to three teaspoon fulls at a time, according to their age.

DIETETIC REGIMEN.

MILK PORRIDGE.

In a small pot or skillet, put a pint of pure soft water, and put it over the fire to boil; then take about four tablespoon fulls of flour of wheat, and add soft water sufficient to make it into a thickish batter, and salt to season it. When the water boils, pour in the thickening, and stir and boil it a few minutes; then add a pint of milk and stir, and when it comes to a boil again, pour it out to cool.

This is to be eaten while going through a course of medicine, both before and after the emetic operates; or at any time the patient can take some of it. And after the operation be all over, there may be some No. 2 powder dusted into the remainder, and a moderate meal eaten thereof. It is a very light, wholesome and pleasant food for sick or weak patients, and being easy of digestion, may be eaten freely at all times, while the stomach be weak. Sweetening may be added, if preferred.

FLOUR-AND-WATER GRUEL.

Take two spoonfulls of wheat flour and one pint of pure cold water, and salt enough to season it, and beat it smooth; then boil it till sufficiently cooked for food; then add some fine No. 2 or Cayenne Pepper. This is a very good food for the sick; it is cheap and easily made, and may be eaten by the sick and weak at all times, when preferred, or where the above diets cannot so conveniently be had. If wanted thicker, add more flour.

OAT-MEAL GRUEL.

Put two tablespoon fulls of oatmeal into a pint of water, and beat it well; let it boil five minutes, and stir or beat it like mush while boiling. Strain it through a sieve or open strainer, and salt to suit the taste, and if necessary, add a little new butter. Stir again, until the butter be melted, and it will be fine and smooth. This is quite palatable, and a very wholesome diet.

Any of the gruels may be sweetened, if preferred.

CORN-MEAL GRUEL.

This is made in the same manner as the oat-meal gruel, and may be sweetened with sugar or molasses, if preferred. It may be used at all times when taking an emetic, if preferred before other diets. It may also be eaten freely at pleasure, or when going through a course of medicine.

[All

All of the gruels may be made thicker or thinner, to suit the stomach or inclination of the patient, and eaten warm or cool, as will best suit the state of the stomach. In most cases it will be best to add a little fine Cayenne or No. 2, to the seasoning, to warm and strengthen the stomach.

PANADO.

This is a very light, wholesome and nutritious food for sick and weak patients, and may be easily prepared, as follows :

Take one or two good light biscuits, crumble them fine, in a bowl, and pour over the same a sufficient quantity of boiling water; sweeten to suit the taste, and grate therein a small quantity of nutmeg,—not more than would lie on a five-cent piece. And, if the patient prefer it, there may be added thereto a spoonful or two of good brandy or wine, or a small dose of the Nerve Drops, [Tincture of Valerian,] or Mothers' Cordial, or No. 5 Syrup. This is to be eaten when going through a course of medicine, and also at other times, as the Milk Porridge. It is an excellent and convenient food for infants, by leaving out the brandy, nutmeg, &c..

Another.

Take a blade of mace and a large slice of light, stale bread, or one or two light biscuits, and put in a clean sauce-pan, and add a quart of water. Let it boil, or scald one or two minutes; then take out the bread, and bruise it very fine in a basin. Mix it with as much of the warm water in which it was scalded, as it will require, and sweeten it to please the taste of the patient. If necessary, put in a piece of butter about the size of a hulled walnut. Grate in a little nutmeg to give a flavor, if thought to be requisite. The residue of the water in which the bread was scalded, may be sweetened and used for a common drink, by adding a little Mothers' Cordial, Raspberry Cordial, Sweet Nerve Drops, or the like.

BREAD TOAST.

Take as much light, stale bread, sliced thin, as will be thought requisite, toast it crisp, (without burning) before the fire; then spread butter over both sides of each slice; lay them in a dish and pour over as much boiling water as the bread will absorb; then take another dish and put it upside down over the toast, and leave it a few minutes to soften. This is to be eaten after going through a course of medicine, or at any time when the patient is convalescent.

A very pleasant tea may be made of Dittany, Balm, or Sage, and made gustable with sugar and cream, and eaten with the toast, until the tone of the stomach be so far recovered that more solid food will set well, and be digested. This is a much more suitable table or diet-drink than that made of the foreign tea or coffee.

Another.

To half a pint of cream or milk, add a lump of butter of the size of a hulled walnut, and set it on some embers in a sauce-pan to scald; then have in readiness two or three slices of wholesome, lightbread, toasted quite brown, and sop it in the scalding cream and butter. This is a very rich, light and nourishing food for females, and very convenient for old folks who have lost their teeth, and for all convalescent patients. If it be too rich, the butter may be left out, or skimmed milk used instead of cream. A tea of Dittany, Sage or Balm, with or without sugar and cream, as desired, may be taken with the toast, at regular meals, or when going through the courses, and afterwards.

TOAST AND WATER.

An infusion of toasted bread in water, is one of the most salutary drinks that can be taken by the sick and valetudinarian.

Cut a large thin slice of good, ripe bread, and toast it thoroughly, without burning; then put it, hot from the fire, in a pint of cold water; let it stand ten minutes, and then set it on the fire till it be hot as tea is usually drank. This toast-water, with or without sugar and milk, is very

refreshing, and will sooner take off any fatigue or uneasiness than any wine, strong ale, small beer, warm coffee or tea.

BROTH FOR THE SICK.

The young grey squirrels, tender dunghill fowls, partridges, &c., are allowed to be the best for sick and weak patients. When the proper article be procured, and dressed, cut it in small pieces; and if it be a fowl, put the gizzard in too; let it be opened and cleansed, but not peeled. Boil the meat till it begins to separate from the bones. Begin to give some of the broth as soon as there be any strength in it; and when the meat be cooked as above directed, give the patient some of it too; but let all be well seasoned with the best No. 2, or some pepper and salt. This may be given instead of milk porridge. Or the patient might be indulged with both, by times, and whatever else the appetite may crave, that is not absolutely unwholesome. The above broth is particularly serviceable in cases of dysentery, and when recovering from long sickness. The patient should, however, remember and not eat too much at a time when the stomach be weak; as the appetite generally is good, when relieved from sickness by the Thomsonian practice.

TRANSPARENT SOUP,

For Convalescents.

Take a leg of veal, and cut the meat in small pieces, and break the bone in several bits. Put the whole in a large stone jar, with the bones at the top, with a handful of common sweet herbs, such as parsley, shives, sweet marjoram, summer savory, or a quarter of an ounce of mace and half a pound of Jordon almonds, finely beaten. Pour on it four quarts of boiling water, and let it stand all night, covered, close by the fire-side. Next day put it into a clean iron pot, or a well tinned sauce-pan, and let it boil slowly, till the soup be reduced to about two quarts. Be careful to skim it, and take off the fat as it rises.

Strain into a large bowl or crock, and let it settle two hours; then pour it off into a clean sauce-pan, leaving the sediment behind. Add three ounces of rice, previously boiled in a little water; boil again, and it will be fit for use.

RIPE BREAD.

Bread, made of wheat flour, when taken out of the oven or skillet, is yet unprepared for the human stomach. It should go through a change, or ripen, before it be eaten. Young persons, or persons in a vigorous state of health, may eat bread immediately after being baked, without any sensible injury by it; but weakly and aged persons cannot, and none can continue long to eat such, without doing harm, in some degree, to the digestive organs.

Bread, after being baked, goes through a change similar to the change in newly brewed beer, or newly churned buttermilk, neither being so wholesome until after the change. During the change in bread, it sends off a large portion of unhealthy gas, and at the same time imbibes a quality or substance more healthy. Bread has, according to the computation of some, one-fifth more nutriment in it when ripe—twenty-four hours after it be baked, than when first taken out of the oven. It not only possesses more nourishment, but imparts a greater degree of cheerfulness. They that eat old ripe bread, which is light and well baked, will have a much greater flow of animal spirits, and be less troubled with sluggishness, than they who eat much fresh, warm bread.

One thing more, connected with this subject, is worthy the particular attention of all housewives. It is, to let the bread cool or ripen where it can inhale no noxious vapor; for bread will always taste of the air that surrounded it while ripening; hence it should ripen where the air be pure. It should never ripen in a cellar, nor in a close cupboard, nor in a bed-room. The noxious vapors of a cellar or close cupboard never should enter into and form any part of the bread we eat. I have eaten bread of this kind, which, to say nothing of its unhealthiness, would have been much more palatable to have been first cooled

near the oven's mouth, upon a table, shielded with a clean linen cloth. In this manner, if the bread be taken from the oven before quite done, unawares, it will continue to bake several minutes; and if it be baked too hard, moisten the cloth with pure water and wrap closely around the loaves, and when cold, they will be quite mellow. Every man and woman ought to know that health and comfort depend much upon the method of preparing their food.

MOULDY BREAD.

Although much has been said to recommend *ripe* bread, yet it may not be altogether unnecessary to caution some against baking too much bread at once, or more than the family can eat, before moulding, especially in the summer season or in damp weather. Any kind of spoiled victuals is unwholesome. So with bread, biscuit, cakes and pies, that are too long kept, especially in damp cellars and vaults. A cool, ventilated pantry is certainly the best for keeping provisions sweet and wholesome: and it should be cleaned and whitewashed as often as needful.

Should, however, the bread, or any other baked or cooked provisions, begin to mould or sour unawares, it may be preserved some days longer, by baking it over again, as at the first. Bread may be moistened all over the crust, with water, and baked from thirty to sixty minutes; then taken out and wrapped in moist cloths, (if necessary,) as though it had not been baked before, and it will be quite as good, and I have eaten bread which was better after a second baking, than the first. Fire is a very preserving element. It purifies and drives off many noxious vapors which is imbibed by moist and porous bodies.

BAKER'S BREAD.

A barrel of flour will make, it is said, two hundred and fifty loaves of one pound each,—which, at five cents each, is twelve dollars and fifty cents; to which add one dollar and fifty cents for the expense of baking, will be fourteen dollars: so that if flour cost seven dollars a barrel, the highest average price, the profit to the baker will be one hundred per cent.

From this it is seen that, at these prices, families, by baking their own bread, save one barrel of flour out of every two!

House keepers should look at this. The baking of bread is attended with very little trouble or expense. Twice in a week is often enough to bake,—bread two or three days baked being then ripe, and much more wholesome and nourishing than that fresh from the oven. Dyspepsia is often caused by a constant use of hot or fresh bread from the oven. And the superior wholesomeness of domestic bread is well known. It contains no alum, pearl-ash, or what some call sponge. These considerations are worthy of the attention of all families.

UNBOLTED WHEAT BREAD.

If there be any one thing, comprised in our daily food, more injurious than another, it is the bread made of superfine flour, and especially that of the bakers, which, it is alleged, is sometimes, if not often, rendered more pernicious by the addition of alum, pipe-clay, plaster of Paris, blue vitriol, and many other injurious and poisonous substances, employed for the purpose of adulteration. This adulterated bread engenders costiveness of the most obstinate form; and hence the foundation is laid for the five thousand diseases with which the deluded partakers thereof become afflicted. They then commence with Brandreth's or the Indian Pills, or some other purgative or nostrum, for relief; and thus they go on from week to week, and month to month, eating the bread and irritating the stomach and intestines with physicks, until health be broken, and they become a perfect wreck, and wan disease stares them in the face, and death comes to close the scene.

We are informed that, in the last century, the English soldiers were fed with bread made of unbolted meal, owing to the scarcity of provisions, and its effects were such, that the officers and physicians of the army stated that the soldiers were never before so healthy and robust, and that scarcely any disease appeared among them.

We are likewise informed, in Reese's Cyclopædia, that

the inhabitants of Westphalia are a living testimony in favor of the effects of this sort of bread; and that they very seldom are attacked with acute fevers or other diseases arising from bad humors.

The great objection to superfine wheat flour is, that it is too fine and concentrated, requiring the bran to neutralize and lighten it, and adapt it to the capacity and wants of the stomach and system. It is said, with good reason, too, that man cannot live long on highly concentrated food. It has been ascertained that animals fed exclusively on butter or fat, presented, on examination after death, a diseased, *fatty* liver. Dogs have been fed with sugar and water, and they soon drooped, became emaciated, and diseased with ulcers, and died in a short time. It is said if dogs be fed on superfine flour bread and water, they will die in about two months; but if fed on the whole natural substance of the wheat, or on unbolted wheat meal bread, and water, they will live and do well.

The Ouran-Outang described by Buffon, which was treated with wines, sugars and other highly concentrated sweetmeats, which every body was ready to give it, tended to shorten its life,—it having had a defuxion upon the breast, which was aggravated by eating too much sugar, &c..

I am informed that some Thomsonians have already introduced the unbolted bread in a large number of families, and, so far as I have heard, with the best results. Persons who have been costive for years, have been relieved of it in two or three weeks, and sometimes in a few days. By continuing this article for food, it will keep the bowels regular, unless the habits of the individual be such as to counteract its effects.

In cases of piles and sick head-ache, it is a remedy worthy of trial. But in the cases of piles, it is necessary that all undigestible food, such as animal fats, butter, black apple-sauce, tea and coffee, be avoided. *Food and medicine* are somewhat synonymous terms with Doctor Thomson, and this kind of bread may be stricily regarded as both.

If those who are in the hahit of drugging themselves with physics, would but keep a little of this bread by

them, and would eat one good slice at each meal, they would begin to be relieved of costiveness, and would soon find themselves gaining strength, and becoming every day more healthy and vigorous.

It has been queried by some whether this bread do not irritate the bowels, and act as a purgative. But such is not the case; for the bran is soothing to the bowels, and, unlike physic, does not too much relax them and leave them in a torpid, weak and inactive state. It produces natural stools, and not the copious flood of watery discharges which follow the administration of purgative medicines. It is true, that if there be much disorder in the bowels, the stools may, in some instances, be more frequent than natural; but, by using Composition, or No. 2 and 3, occasionally, that wrong will be soon overcome.

This bread, if made rightly, is light and wholesome, and retains the peculiar rich taste of the wheat in its natural or whole state, and is fit for the table of our President or any State Governor; and, besides being easy of digestion and nourishing in a very high degree, is one of the best medicines in the world. As above-mentioned, persons with the dyspepsia should eat of it at every meal. It excites the secretion of pure and limpid saliva, and leaves the mouth moist and sweet; while, to the contrary, the fine wheat bread often dries the mouth, and can scarcely be swallowed, without frequent draughts of tea, coffee, or other drink. It is delicious to the taste, and with new milk boiled and thickened with fine flour, it makes superior toast, which is excellent for persons recovering from sickness. The unbolted bread cut in thin slices and toasted till it be quite brown and crisp, may, when cold, be bruised, and boiled with sugar, and cream or milk, like coffee, and it will make an excellent substitute for that article. There is, probably, no beverage more delicious and nourishing; and it is used by some families instead of the ordinary tea and coffee, who find it much better for their health.

SOME DIRECTIONS.—Take good sound wheat, cleansed from all dirt and impurity, and ground with clean, sharp stones, to cut the bran fine; then pass it through a coarse

sieve that will merely take out the largest hulls of the bran, and after cooling, as ordinary flour, it is prepared for packing, or use.

MAKING THE BREAD.—Take of the meal, any desirable quantity, and, with good yeast, make it into a stiff dough with milk, or with sour milk which has been previously sweetened by the addition of a small quantity of salærat, and bake it so as to be light and sweet. It is better to dissolve the salærat in warm water before it be used, taking care to use no more than will give it a sweet taste. If sourness remain in the milk, the bread may be heavy. As soon as the bread be put in the pan, preparatory to baking, run a case-knife quite through the loaf to the bottom, cutting across two-thirds of the loaf. This will prevent the loaf from becoming solid in the middle. The bread will be still more light by allowing it a quarter or half hour to rise before putting it in the oven. House-keepers who prefer other modes of making the bread, can still follow their own inclination or means, and improve by the best of all teachers,—experience.

BOILED GRAIN, AND VEGETABLE FOOD.

Having given my reader several chapters on the subject of bread and bread-making, and of preparing it in various ways, both for the sick, the convalescent, the valetudinarian, and the well man, I will also remind the reader that nearly all of the kinds of bread-grain raised in this country would make the most nourishing and least expensive food, by boiling. Wheat, rice, corn, barley, rye and even buckwheat, when properly hulled, like the rice, may be boiled and otherwise prepared in various ways, and seasoned to suit the appetite, and served up for the table. It is unnecessary to lay down any precise rules for such cooking, as every good housewife can do that according to her own best judgment, or fancy, or that of the family who partakes thereof. In like manner, peas, beans, potatoes, and other farinaceous substances, may be raised and brought into more general use, and with little or no expense, and are far more conducive to health than our present mode of living.

Cabbage, turnips, carrots, beets, &c., with bread, rice, or other grain, boiled, mush and milk, &c., form the very best and least expensive food, and the most suited to our condition and habits.

By such a wholesome diet as above recommended, and pure water as a drink, we may enjoy the highest degree of health, and be less liable, when exposed, to take the ordinary forms of disease.

The farmer, mechanic, or other laborer, who thinks such diet too weak, and not sufficient to sustain him in his active employments, labors under a serious error. He would do well to make a fair and impartial trial, and then decide. I would ask him to look at the hardy Irishman, with his spade, in the bogs of his native land, whose best living consists of potatoes and salt, oatmeal, and occasionally some buttermilk and a herring; and to the hardy Russian, whose diet mostly consists of rye bread, and cabbage broth, thickened with oatmeal. These men are capable of performing a prodigious amount of labor, and of enduring fatigues almost incredible. Most cases recorded of persons performing a large amount of mental or physical labor, and most of the cases of extraordinary longevity, will be found to have been such persons as abstained, more or less, from flesh meats, ardent spirits, coffee, tea, tobacco, &c..

Let all who wish to live long, and be possessed of a calm and even temperament, sound mind and judgment, undepraved appetites, and composed nerves, refrain as much as possible from strong fatty dishes and animal food, and the foreign teas and coffee, and as often as may be needful, give the stomach two or three lively actions with No. 1.

The following sentiment and queries, which I find in the work of a highly professing Thomsonian, coincides so well with my own views, that I will quote it here for the consideration of the lovers of fowl and animal barbecues:

“Indeed, we think the time not far distant when animal food, together with its disease-engendering accompaniments, will be regarded as ardent spirits are among the most enlightened of our farmers and mechanics. How long has it been since strong drink was regarded as essen-

tial, in the harvest field, as the cradle and the rake?
And may not animal food share the same fate?"

DIET DRINKS.

The habit of drinking hot, strong tea and coffee, which has been acquired by the people of this country, experience hath abundantly shown to be an evil which calls loudly for a reform. They may be denominated slow narcotic poisons, acting upon the stomach and nervous system, in a way that ultimately produces a tremor in the hands, a complaint that so many are troubled with; and also in the brain, which, though not seen, produces distressing dreams, frights, sudden passions and frets. The stomach, in the meantime, by this habit, becomes, as it were, like a second nature, inured to these pernicious drugs. Then, as the use of them is continued, the natural and wholesome products of our own beloved country become more and more neglected and forgotten, until they go quite out of use. Hence it follows that tyrant *Fashion* steps forward and bears rule in so many families, at the expense of health and happiness.

Thus it is, that the votaries of *Fashion* and *Prejudice* lay the foundation for costiveness, heartburn, cramp, palsy, epilepsy, apoplexy, dyspepsia, and their accompanying host of evils. If the community were but convinced that their back-aches, their tooth-aches, their head-aches, their pains in the sides, the heart, the stomach, the bowels, the eyes, limbs, &c., have their origin in the use of these health-destroying drugs, they would indignantly abandon their use for ever. There is a cause for the ill health and delicacy of the people of the present day. Let us but compare our present effeminate and sickly condition with that hale, stout, hardy condition of our forefathers, who made but little or no use of these articles, and then ask ourselves what is the most prominent cause of our declension; and I am sure the answer will be in favor of this dietary system of living.

What has been said in regard to tea and coffee, applies with tenfold more force against the use of ardent, intoxi-

cating drinks. To those who profess to be THOMSONIANS, and who continue to use intoxicating drinks, I must say, ye are abandoning the very first principle of this valuable system. No agent that is *a poison*, can at the same time, be a *medicine*.

In a state of perfect health, there is nothing better than pure soft water to drink. Rain water, no doubt, is the purest and softest. For the sick, who need or desire diet drinks, there is a profusion of sweet aromatic plants, herbs and roots, which possess wholesome and enlivening properties, the virtues of which have been effectually tried and found to be good. They are pleasant to the taste, agreeable to the palate, congenial with the stomach, and in harmony with the food we eat; and beside all these, they grow all around us, in our own climate, and surrounding atmosphere which we breathe; consequently, they are better adapted to our access, our application, and bodies.

Among the many valuable herbs, roots and shrubs here alluded to, may be enumerated the mountain Dittany, garden Sage, Thyme, Summer Savory, Winter Savory, red Raspberry Leaves, Pennyroyal, a variety of Mints, Sassafras Root, Buds and Blossoms, and our American Spice-Bush, &c.. Most or all of these, made in a strong decoction, sweetened and drank, in cases of sickness, are valuable for promoting perspiration, and clearing the perspiring vessels of their excremental obstructions. Any of these, or a combination of any of them, which may be preferred, made into a weak tea, for table use, sweetened and creamed for the purpose, forms a beverage not to be scoffed at. Then, let not the quantity taken be too great, nor the warmth much above that of blood-heat.

What has been said on the subject of food and drinks, has exceeded the space designed for that purpose in this work. My intention was merely to lay before the reader a few hints in order to turn his attention thereto, so as to call forth the exercise of his best judgment and soundest reason in these matters. But as it is now, with the aid of this book, and a good judgment, some may be better able to prescribe food as well as medicine for each particular case.

MASTICATION.

This may appear to some a novel title for a chapter in a medical book. By the word *mastication*, I would have understood that I mean not only the mere chewing of our food, but the mixing of it well and intimately with the saliva, or limpid fluid which arises through the salival glands, as nature wills it, to prepare the food for the next operation, that of digestion. The proper mastication of our food in this way, with a sufficiency of pure saliva, is almost as necessary, preparatory to the work of digestion, as the chewing is, preparatory to swallowing the same, if not more so. This pure limpid saliva, is in general nearly all the fluid necessary in the mastication of our food, at meals,—unless the whole of the food be absolutely *too dry* to eat without the addition of some fluid; in this case, or in case of obstruction or inactivity of the salival glands, if this prove insufficient, we may substitute *pure water*, milk, milk and water, milk whey, toast prepared as coffee, toast-water, or any of the diet-drinks, made weak; for it is a great error many labor under, supposing as they do, that *very strong* food and strong fluids are the basis of bodily strength. They may appear to stimulate the animal spirits for a short time; but, being too strong for the constitutionality of our variously organized bodies, they become, under its action, like a delicate engine that is over-worked or surcharged, which, in a short time, loses its wonted energy to counterbalance the surplus—and soon ceases to move.

For the purposes alluded to, we should always guard against any disease or obstruction in the salivary glands; and among the limpid fluids which may be called forth when masticating our food, we should not suffer any thing to be present of an unhealthy nature. Sometimes a thick flegm, or tough watery humor, arises in the throat and mouth; sometimes a collection of carious matter form about the teeth and gums. Such matter or humors as these, should never be masticated with the food, nor be suffered to enter the stomach, whether eating or not.

This expectoration is an effort of Nature to rid herself of disease, by throwing off that mucky mucus, which is

the effect of cold, obstructions, unwholesome or undigestible food, or the like. Then, what can be more unwholesome than to masticate that nasty flegm, which has already been a burden to the parts whence it came?

The stomach, which is the generator, mill or manufactory of heat and life, Dr. Thomson very justly compares to the fire-place of the body. Then how unwise, how unprudent to thwart Nature in her efforts to throw off disease, by forcing the corrupted mass into the stomach, to pass through the alimentary canal, where it must inevitably engender disease in a more malignant form! Thus some have, for want of proper medicine and care, continued, until the vitality of the injured organs became greatly diminished, and a formidable disease attained power. When disease, in this form, arrives at the stage here alluded to, with the bowels, stomach and lungs coated over with almost an immovable coating of canker, it is then what Doctor Thomson calls a seated consumption.

GARLIC OINTMENT.

Beat Garlic roots very fine in a mortar; then add hog's lard, sufficient to make an ointment, and beat again, until they be thoroughly blended together.

This is to be rubbed on the soles of the feet and wrists, up and down the spine, and worn on the feet and wrists in form of a plaster. It is useful in snuffles, coughs, and spasmodic affections of children. It may be rubbed over the breast, stomach and abdomen, in worm complaints, when going through other treatment for that purpose.

SUBSTITUTE FOR EGGS.

Take whatever quantity of wheat flour or corn meal that may be wanted, or both of them mixed together, any desired quantity; then take of finely pulverized slippery elm bark, just one teaspoon full for each egg desired for that quantity of flour or meal. Mix the flour and fine

elm together while dry. Then add as much milk or water, and salt, as will make it of a proper consistency for baking: then bake it as any other batter cake.

PEPPER-SAUCE.

This, like the Mustard and Horse-Raddish Sauce, is very good for table use, and, for some purposes, is better than either of them. It is prepared in two ways, as may be desired to have it. One way, and that in which it is imported into this country from where it grows, is by filling glass bottles, &c., with the small green Cayenne Peppers, and a reasonable portion of salt therein, and filling up the bottle with good vinegar. These peppers are used at table like other pickles, and the vinegar put on meat, cabbage or greens, as vinegar alone. The other preparation is made in the same manner, except that the peppers are dried and ground into a fine powder before putting in the vinegar and salt.

A gill or so of either of these preparations added to a quart of poor vinegar, will like the Vinegar Lotion or No. 2 Tincture, improve its strength and quality.

The vinegar from the Pepper-Sauce, may be used for most purposes for which either the Vinegar Lotion or No. 2 Tincture is recommended.

MUSTARD SEED.

This is a well known and common article for table use, when ground fine and mixed with vinegar and a little salt. It is said to be a counter poison,—to resist venom of scorpions, or other venomous creatures; but the Third Preparation of No. 1 is far more to be relied upon for that purpose. It is good for obstructed menses, &c.. It is good for over-drowsiness or lethargy. It is good old men and women, and such as be troubled with cold diseases, and those whose stomachs be weak and cannot digest their food. And though it quicken the appetite and helpeth digestion, yet it cannot be depended upon

where dyspepsy or any disease has dominion in the body; for then the proper remedies must be resorted to, and applied efficiently. As a gargle it has been used for the fallen palate of the mouth; and also to dissolve swellings about the throat, outwardly applied.

A small portion of the seed finely pulverised and added to a poultice, is good for discussing and rarifying deep and deadened sores, and drawing out splinters of bones where any such exist, to be discharged. A decoction of the bruised seed steeped or boiled in wine and drank, provoketh urine. Flour mixed with vinegar and made into a plaster, and sprinkled over with fine mustard seed and applied to the pit of the stomach, will often relieve excessive vomiting; for which purpose the Stimulating Vinegar Lotion or the Pepper Sauce, may be taken inwardly in small doses at the same time.

HORSE RADDISH.

This is made much use of in the spring season, grated while fresh from the ground, and saturated with vinegar and salt. In this way it is very good and wholesome, to eat on food, especially strong meats. It is very good to quicken the appetite and blood. It is also a good stimulating, anti-scorbutic medicine, being very good for those troubled with scurvy. It is, however, of too volatile a nature to be much depended upon as a curative of disease.

MANGO.

This is a very valuable and wholesome kind of hot pickle for the table; good to quicken the appetite and assist digestion;—made as follows:

Take the largest, round kind of red peppers; cut half-in-two; take out the inside, and stuff them with finely sliced cabbage and grated horse raddish root, well seasoned with salt, and mustard seed ground fine, and tie a thread around, to keep the stuffing in; then pickle in cold vinegar as other pickles. If the peppers be gathered before quite ripe, and properly prepared, they are not inferior to the real Java mango.

CATALOGUE OF THE VEGETABLES

USED IN THE THOMSONIAN PRACTICE.

The following catalogue comprises the whole of the Trees, Shrubs and Plants used by the Friendly Botanic Society of the United States; or, so far as is yet known to be generally adopted by the strictest Thomsonians. A number of these plants are not to be found in Doctor Thomson's original work; but he informs us that there are many other plants that are good, and that he gave a description of those only, which he considered the *very best*, so as not to encumber his system with a long train of unefficient remedies. This is a true principle in the system, and acknowledged by the best Thomsonians;—to have our medicines good and pure, but not too numerous.

Those plants in this catalogue which are not in Dr. Thomson's original work, are marked with an asterisk, thus.* Those that are not approved, are pointed out.

As a number of the plants are known by several very different names, in different places, I have given all of them that are considered necessary, and have put the name by which each one is most generally known, in *Italics*; so that those in plain Roman letters are only other names for the same plants, accordingly as they are numbered.

1. *Aggrimony*; the herb is used.
 Ague Weed; *Crosswort*, Boneset.
 Alehoof; see *Ground Ivy*.
 Alloe Root; same as *True Unicorn Root*.
2. *Alloe Socotra*;* inspissated juice or gum; (not generally approved.)
3. *Arrow Wood*, or Indian Arrow Wood; same as Wahoo;* the bark.
4. *Arse-smart*;* (a valuable medicine;) the herb,
5. *Assafetidy*,* or *Laserwort*; (not much used;) the gum.
 Asthma Plant; *Lobelia Inflata*.
6. *Avens*; same as White Avens; the root.

ASHES.

Pot-ash, an extract from wood ashes.

Pearl-ash, refined Pot-ash.

Hickory-ashes; tea or ley of.

Sugar-tree-ashes; tea or ley of.

Red-oak bark ashes; ley or extract of.

Sponge, and *Woollen rags*, calcined.

Cayenne Pepper ashes; for a test.

7. *Balm*,* (common garden Balm; very good;) the herb.
8. *Balm of Gilead Poplar*; buds, twigs and inside bark.
9. *Balmomy*; the leaves and blossoms.
10. *Balsam Fir*; the gum or balsam.
11. *Balsam Poplar*; the inside bark, twigs and balsam.
12. *Barberry*; bark of root and top.
13. *Bayberry*; root bark.
14. *Beech Drops*; the whole plant.
Bennet, *Avens*; the root.
15. *Bethwort*, or Birthwort; the root.
16. *Big Cammomile*; the herb.
Bitter Root, *Wandering Milk Weed*; the herb.
17. *Bitter Almond*; the fruit.
18. *Bitter Sweet*; the root bark, berries and leaves.
Bitter Grass, *Unicorn*; the thick root.
19. *Bitter Thistle*; the herb.
Bitterwort; same as Wandering Milk Weed.
20. *Black Alder*; the bark, buds and berries.
21. *Blackberry*; the root bark, fruit and leaves.
22. *Black Birch*; the inside bark.
23. *Black Pepper*; the grains.
24. *Black Rattlesnake*, Rattle Weed; the root.
Blazing Star, *Unicorn Root*; the thick root.
25. *Blessed Thistle*; the herb.
Bloom Shell Flower, *Balmomy*; leaves and blossoms.
Blue Vervain, or Pervain; the herb.
Bog Myrtle, or Dutch Myrtle, *Meadow Fern*; bark,
twigs and burs.
Boneset, *Crosswort*; the leaves and blossoms.
Bugle, *Green Archangel*; the herb.
Bugle, *Red Archangel*; the herb.
26. *Burdock*; root, seed and leaves.

27. *Butternut* ; inside bark and buds.
28. *Callamus* ;* Sweet Flag ; root and oil.
29. *Cammomile*, (garden;) the herb.
30. *Camphor-tree* ; the gum or inspissated juice.
Candle Berry, Tallow-tree, Bayberry ; the root bark.
31. *Carrot* ; the root.
Catch-fly, *Wandering Milk Weed* ; the root bark.
32. *Catmint* ; the herb.
33. *Cayenne Pepper* ; the pods and seeds.
34. *Centuary* ;* (said to be good ;) the herb.
Chocolate, Cure-all, *Avens* ; the root.
Cholic Grass-root, Drooping Starwort, *False Unicorn* ; the thick root.
35. *Cinnamon* ; inside bark, essence and oil.
36. *Cleavers*, (improperly called Clivers ;) the herb:
Clabber Grass ; the same.
37. *Clove-tree* ; the fruit or seed, and oil.
38. *Cocash*, Scabish ; the herb and root.
39. *Columbo* ; the root.
Cohosh, *Black Rattlesnake* ; the root.
Collard, *Meadow Cabbage* ; the root.
Consumption Weed or Herb, *Wild Lettuce* ; the plant.
40. *Colt's Foot*,* Wild Ginger ; the root.
41. *Copaiva*, or *Copaiba*, or *Copaifera-tree* ; the resin :
Capiwi-tree ; the same.
Cow Cabbage, *Meadow Cabbage*, Shunk Cabbage, the root.
(Cow Lily is improper ;) Cow Cabbage, or *Meadow Cabbage* ; the root.
42. *Coriander* ;* the seeds in medicine, and the leaves in the kitchen.
Cow, or Yellow Water Dock, *Yellow Water Lily* ;* the root and blossoms.
Cow, or White Water Lily, *White Water Lily* ; root and blossoms.
43. *Crosswort*, Thoroughwort ; leaves and blossoms.
44. *Crowfoot*, Spotted Geranium, Crane-bill ; the root.
45. *Cumfry* ; the root.
Cumfry, Wild ;* the root.
46. *Dandelion* ;* the root and herb.
Devil's Bit, *Unicorn Root* ; the root.

- Dillweed or Dilly, *Big Camomile*; the herb.
47. *Dittany*;* (a valuable herb;) the herb.
48. *Dogwood*;* (not much used;) inside bark and flowers.
Draggon Root, *Indian Turnip*; the root.
Dutch Myrtle, *Bog Myrtle*, *Meadow Fern*; bark, buds or burs, and twigs.
Dog's Fennel, *Big Camomile*; the herb.
49. *Elder*;* the flowers in medicine; the fruit in the kitchen, &c..
50. *Ellekompane*; the root.
Emetic Plant, *Lobelia Inflata*; the plant, herb and seed, and oil:
Eye-Bright; the same.
Eye-Balm, *Tumerick*; the root.
Essences; made from the mints, &c., &c.. See Oils.
51. *False Unicorn*; the thick root.
52. *Featherfew*, or *Feverfew*; the herb.
53. *Fennel*; the seed and oil.
Fevertwig, *Bittersweet*; bark of root and vine, the leaves and berries.
Feverwort, *Crosswort*, *Boneset*; the herb.
54. *Fir Pine*; resin or balsam.
55. *Gamboge*;* (not generally approved;) the yellow gum.
56. *Garlic*;* the large, cultivated in gardens, is best; the root.
57. *Gentain*; the root.
58. *Ginseng*; the root.
59. *Ginger*; the root and oil.
60. *Golden Seal*, *Yellow Gentain*; the root.
61. *Golden Rod*, (the sweet;) the leaves and blossoms.
62. *Gold Thread*; the root.
Gipsy, *Archangel*; the herb.
Goose Grass, *Gravel Grass*, *Cleavers*; the herb.
Gravel Plant, *Queen of the Meadow*; the root.
63. *Green Archangel*; the herb.
Ground Raspberry, *Turmeric*; the root.
64. *Ground Ivy*; the herb.

GUMS, RESINS AND BALSAMS.

Arabic Gum; Mimic tree, or *Mimosa Nikotica* tree; a species of the sensitive plant.

Assafetida Gum ;* (not much used ;) Assafœtida tree, or the Laserwort plant.

Camfor Gum ;* Camphor-tree.

Gamboge Gum ; (not much approved,) Gamboge tree.

Myrrh Gum ; (very valuable ;) Myrrh tree.

Scammony Gum ;* Scammony plant ; (not much approved or used.)

Rosin Resin ; Pine trees, various.

Sandarach Gum-Resin ; Juniper tree.

Tragacanth Gum ; Tragacanth shrub.

Copaiva Balsam ;* Copaiva or Copaiba tree.

Tolu Balsam ;* Tolu Balsam tree.

Storax Balsam ;* Storax or Styrax Officinale.

Tar Balsam ;* Balsam Pine, Pitch Pine.

Burgundy Pitch ; Burgundy Pine.

Poplar Balsam ; Balsam Poplar.

Fir Balsam ; Fir Pine.

65. *Hemlock Spruce* ; inside bark.

66. *Hollyhock*, Rose Mallow ; flowers.

Honey Bloom, *Wandering Milk Weed* ; root bark.

67. *Hops*,* the fruit or tags.

68. *Horehoun* ; the herb.

69. *Horse-raddish* ; the root and leaves.

70. *Hyssop* ;* the herb.

Indian Lettuce, *Golden Seal* ; the root.

Indian Hemp,* *Wild Cotton* ; the root.

Indian Physic, *Wandering Milk Weed* ; root bark.

Ink Root, *Marsh Rosemary* ; the root.

Indian Turnip, *Wake-Robbin* ; the root and seed.

Indian Sage, *Crosswort* ; leaves and blossoms.

Indian Shoe, Moccasin Flower, *Valerian* ; the root.

Itch Weed, *Meadow Cabbage* ; the root.

71. *Johnswort* ;* (sometimes used in ointment for poison, but not generally approved ;) the blossoms.

Jocpye, *Crosswort*, Boneset ; the leaves and blossoms.

72. *Juniper* ; berries, top, resin or gum, and oil.

Kercuma, *Golden Seal* ; the root.

Kernels of peach stones.

Ditto of wild black cherry stones.

- Lady's Slipper, *Valerian*; root and oil.
Laserwort; see *Assafetida*.
73. *Lavender*;* herb and oil.
74. *Lettuce*,* Garden Salad; the plant.
Lettuce, *Wild*, round leaf, (which see;) the plant.
75. *Life-Everlasting*;* the herb.
76. *Lilly*,* garden, white; root and flowers.
77. *Lilly*, *White Water*, or Pond; root and blossoms.
78. *Lilly*,* *Yellow Water*; root and blossoms.
79. *Liverwort*;* the herb.
80. *Liquorice*;* the root. Also, *Wild*, which see.
81. *Lobelia Inflata*; the herb, seed and oil.
82. *Lovely Thistle*; the herb.
83. *Lungwort*;* the plant.
Mace; see *Nutmeg tree*.
84. *Maiden Hair*;* the herb.
85. *Marsh Mallows*; the herb and blossom.
86. *Marigold*;* leaves and flowers.
87. *Marsh Rosemary*; the root.
Mayweed; same as *Big Camomile*.
88. *Meadow Fern*; the buds and bark.
Meadow Pride, *Golden Seal*; the root.
89. *Mimic Arabic*, or *Mimic Acacia*, the same as *Mimosa Nilotica*, *Nile Mimic tree*; the gum.
Moccasin Flower, *Valerian*; the root.
90. *Motherwort*;* the herb.
Mouth Root, *Gold Thread*; the root.
91. *Myrrh tree*; the gum.
92. *Mullen*; leaves and blossoms.
93. *Mustard*; the seed, leaves and blossoms.
Myrtleberry, *Bayberry*; root bark.
94. *Mountain Mint*;* the herb.
95. *Nettle* or *White-leaved Vervain*; the herb.
96. *Nettles*; the root and herb.
Noah's Ark, *Valerian*; the root.
97. *Nutmeg*; the mace, nut and oil.
Ohio Kercuma, *Golden Seal*; the root.
98. *Oats*; the meal.
99. *Onions*; the bulbous roots.
Orange or *Turmeric*, *Turmeric*; the root.
100. *Ozier*, *Pigeon-berry*; the bark.

OILS.

Oil of Anise, made of the seed ; color	-	White.
“ Bees ; an oily, resinous gum, collected from the leaves of various kinds of trees by bees, unchanged by them.	-	Yellow.
“ Cayenne Pepper ; the fruit.	-	Yellow.
“ Cloves ; capsules.	-	Yellow.
“ Callamus ; root.	-	Yellow.
“ Ellecampane ; root.	-	White.
“ Hemlock ; gum.	-	-
“ Ginger ; root.	-	Yellow.
“ Horse, (Sea-Horse, &c.)	-	Yellow.
“ Hog, or Lard.	-	Livid White.
“ Juniper ; seeds.	-	Green.
“ Lavender ; flowers.	-	Yellow.
“ Lobelia ; seed.	-	Brown.
“ Neat ; the feet, &c..	-	Red-yellow.
“ Pennyroyal ; flowers and herb.	-	Yellow.
“ Peppermint ; flowers and herb.	-	Yellow.
“ Rosemary ; the plant.	-	Colorless.
“ Sassafras ; the root.	-	Yellow.
“ Summer Savory ; flowers and herb.	-	Yellow.
“ Sweet Olive ; the fruit.	-	Red-yellow.
“ Snapping-Turtle.	-	Yellow.
“ Turpentine Pine ; turpentine.	-	Colorless.
“ Thyme ;* leaves and flowers:	-	Yellow.
“ Wormwood ;* leaves.	-	Green.
“ Rue ;* leaves.	-	Yellow.
“ Tanzy ; leaves.	-	Green.

101. *Parsley* ; the leaves.
Paul's Betony ; the same as Red Archangel ; herb.
102. *Peach tree* ; bark, leaves and kernels.
Peachwort, Arse-smart ; the herb.
Pearl-ash ; see Ashes.
103. *Pennyroyal* ; the herb and oil.
104. *Pepper Mint* ; the herb.
Pepper Turnip Indian Turnip ; the root and seed.
105. *Pepperwort* ;* the herb.
106. *Piony* ;* the root and seed.
107. *Pipsissaway* ; the root and top.

108. *Pitch Pine*; (various;) Turpentine, Rosin, Tar, Oil.
109. *Plantain*,* (broad leaved;) the plant.
110. Ditto.* (narrow leaved;) the plant.
Pine Spruce, *Hemlock Spruce*; inside bark.
Poor Robbin's Plantain; the same as *Cleavers*.
Poplar Aspen, *Quaking Asp*; inside bark.
Poplar Yellow, (Tulip;) inside bark.
Puccoon, *Turmeric*; root.
111. *Prickly Ash*; bark of root and top, and berries.
Pyramid, *Golden Seal*; the root.
112. *Queen of the Meadow*, *Gravel Root*; the root.
113. *Quaking Asp*; inside bark.
114. *Red Archangel*; the herb.
115. *Red Alder*;* bark, buds and tags or berries.
116. *Rhubarb*;* the root in medicine, but not much approved; the stalks are good for pies.
117. *Red Root*, *Red Shank*; bark, leaves and blossoms.
118. *Red Raspberry*, (wild;) the leaves.
119. *Red Clover*; the blossoms.
120. *Rosemary*, (garden;) the herb.
 Rosin; see Gum, Resin, &c..
Round-leaved Consumption Weed; *Wild Lettuce*.
121. *Rupturewort*;* the herb.
122. *Rue*;* the herb and oil.
123. *Rock Fern*,* the herb.
124. *Sage*;* the leaves and blossoms.
Saltpetre;* deadly poison; (never used.) See Index.
125. *Saffron*;* the blossoms.
126. *Savin*;* the leaves and twigs.
127. *Sarsapparrilla*;* the root.
128. *Scamony*;* (not approved;) the gum.
129. *Scabish*, *Shevish*, *Squaw-weed*; top and root.
Sea-side Thrift; see *Marsh Rosemary*:
Sea Lavender; the same.
130. *Sorrel*, (three-leaved *Wood Sorrel*;) the herb.
131. *Slippery Elm*; inside bark.
132. *Spice Bush*, (common;) bark, twigs and buds.
133. *Smooth Shumack*; bark of root, leaves and berries.
Shoka, *Meadow Cabbage*; the root.
Skunk Cabbage; the same.
Snagrel, *Birtheort*; the root.
Spotted Geranium: same as *Crowfoot* or *Cranebill*.

Snake-head, *Balmomy*; the herb.

134. *Spear Mint*; the herb.

SPIRITS.

Spirits of Turpentine; Pine gum.

“ Wine; highly rectified Spirits.

“ Wild Cherries; the fruit.

“ Molasses; the Sugar-cane.

“ Brandy, Vintage, &c..

Staff Vine, *Bitter Sweet*; the root bark.

Star Grass, *Unicorn*, which see; the root.

Suterberry, *Prickly Ash*; bark and berries.

Sweating Plant, *Crosswort*, Boneset; herb.

Sweet Birch, *Black Birch*; inside bark.

135. *Sweet Fern*; the bark, leaves and buds.

Sweet Flag, *Callamus*, root and oil.

Sweet Gale, *Meadow Fern*; Bog Myrtle.

Sweet Golden Rod; same as *Golden Rod*; the herb.

Tackamahack, *Balsam Poplar*; which see.

Tag Alder;* see *Red Alder*.

136. *Tanzy*; the herb and oil.

137. *Thyme*;* the herb and oil.

Throat Root; see *Avens*.

Tick Weed; see *Pennyroyal*.

Thoroughwort; see *Crosswort*:

Thoroughstem; the same.

Turpentine; see *Gum*, and *Spirits of*.

Tooth-ache Bush; see *Prickly Ash*.

138. *True Unicorn*; the Root.

Tulip Poplar; see White and Yellow Poplar.

139. *Turmeric*; the root.

Umbil; see *Valerian*.

Unicorn Root; (the True and False;) both good.

140. *Valerian*, (American, four kinds, all good,)

Vegetable Antimony; see *Crosswort*.

Virginia Snake Root, *Bethwort*.

Virginia Broom Rape; see *Beech Drops*.

Vervain, Blue and White, or Nettle-leaved, called also, *Pervain*; the herb.

141. *Wake Robbin*, Indian Turnip; root and seed.

Wax; see Oil.

Wax Berry; see *Bayberry*; root bark.

- Water Dock, or *Yellow Water Lilly*; see Lilly.
 Water Lilly, *White Water Lilly*; see Lilly.
142. *Wandering Milk-wort*; same as
Wandering Milk Weed, or *Bitter Root*; root bark.
 Water Horehoun; same as *Archangel*.
143. *Wild Chery-tree*; inside bark, fruit and spirits.
 White Avens; same as *Avens*; the root.
 White Leaf; same as white leaved *Pipsissaway*.
144. *White Poplar*; inside bark.
White Lilly; (garden;) see Lilly.
145. *White Ash*; inside bark, and ashes.
146. *Whortle Berry*; * leaves, bark and berries.
 Wild Cammonile; see Big Cammomile.
147. *Wild Cotton*; * same as *Wild Hemp*; the root.
 Wild Ginger, * *Colt's Foot*; the root.
148. *Wild Lettuce*; the root and herb.
149. *Wild Liquorice*; * the root.
150. *Wild Potato*; * the root.
 Wild Turnip, *Wake Robbin*; root and seed.
 Wild Tobacco, *Lobelia Inflata*; herb, seed and oil.
151. *Witch Hazel*; bark and leaves.
152. *Wormwood*; herb and oil.
153. *Wild Indigo*; * root and herb; but not approv'd.
154. *Farrow*; the herb.
 Yellow Bed Straw; see *Cleavers*.
155. *Yellow Dock*, (narrow leaved green dock;) root.
 Yellow Gentain, *Golden Seal*; the root.
 Yellow Mouth Root, *Gold Thread*; the root.
156. *Yellow Poplar*; inside bark.
 Yellow Root, *Turmeric Root*; the root.
 Zanthoxylon and Zanthoxylum, both good: see
Prickly Ash, two kinds of.

From the above catalogue of vegetables, &c., are prepared all of the foregoing medicines, the description and uses of which are carefully and substantially given. They possess, most effectually, the grand healing properties, on the true Thomsonian principles, which has been the means of restoring from sickness and distress, to good health and happiness, many thousands, who otherwise must have lingered out a miserable existence, or sunk to an untimely grave.

RECAPITULATION.

It has frequently been said, and that too by some who profess to be favorable to the Thomsonian system, that they believe the system might be greatly improved, and that they had no doubt but that it would be. But I believe that there are no better remedies known in the world for all the various forms of disease, to which either man or beast is liable. And Doctor Thomson informs us that for many years past his system has remained almost stationary, having become about as perfect as it is possible to make it; so that now those who own a Thomsonian book of practice, have all the useful improvements, therein.

Dr. H. Platt, says he is surprised to hear such declarations, as that of attempting to improve a system which is as perfect in all its parts as Dr. Thomson's. He thinks it as rational and consistent to attempt to improve our system of Arithmetic, by making two and two equal to five, when they are no more than four. He affirms that Thomson's theory is *true*; (which all true Thomsonians know to be a fact;) and that it is a *unit*, (which its most inveterate enemies cannot deny.) Then, he says, these two points being admitted, namely, *truth and unity*; how is it to be improved? By making *truth* MORE than true? and *one* MORE than one? He says "we have a fair solution of these queries in the mongrel productions of a Smith, a Beach, a Howard, a Day, and a host of others, who have pushed their piracies upon the rightful property, and hard-earned fame of the immortal THOMSON, to the full extent of their several abilities."

Number one.—This is the only medicine known in the world possessed with powers like it; *namely*:—to arouse the torpent energies of the animal machine, and cause a natural action of the brain, and to give heat and quickness of action to all parts of the body. This is done by cleaning out the fire place of the body, and all of the connecting flues or ducts, for a new and more abundant influx of heat and pure nutriment, and sensitive substance, and the expulsion of all noxious substances, which corrupt the organic life, without leaving the organs any way impaired, as the narcotics do. On the contrary, it always acts in harmony with nature, if it act at all. If it act not

at all, then there is no life,—no spark to kindle; else the life is so nearly extinct, that there is no known agent that can arrest its expiration; as the patient is a dying. It acts only where there is life; and has not the least power to do any injury to the organs, nor to abstract life from them. It can only help the living organs to perform their natural functions.

Doctor H. Platt says, a full knowledge of the *unvariable* tendency and effects of No. 1, “and the extent of its friendly power, he conceives to be the fulcrum, which *now* supports that mighty *lever* that is to overturn the present medical practice.” For No. 1, in many dreadful forms of disease, there is scarcely any substitute,—no equal,—nothing that *even* approaches to an equality,—it stands alone, without a rival.

The practitioner who knows our No. 1, and its various uses and modes of application in disease, and whose mind is so far freed from the shackles of prejudice, and the ignorance imposed upon it, by the ignorance of the *learned doctors*, as to enable him to use *this medicine* with a firm, undoubting reliance on its almost unlimited extent of friendly power, is truly prepared to deal out death-blows to the hydra, disease. The fond mother, who has this medicine in its various preparations, this knowledge, and this unshackled confidence in her own abilities, will never see her darling babe expiring in the agonizing struggles of the suffocating croup. Not only in cases of this kind does she find certain relief; for she finds herself freed from many distressing cares, painful anxieties, and tedious watchings with which she can often observe that some of her less fortunate neighbors are often afflicted. It is no doubt the finest and most penetrating medicine in the world, and always acts in unison with the sustaining principles of life; it therefore *must* act in opposition to the principles of death, in whatever form it may assail us. It is the quickest and most unfailing counter poison, whether that poison be the *vegetable* miasm of the *marsh*, the *mineral* poison of the DRUG SHOPS, or the animal poison of the *viper* or the *mad dog*.

No. 1 is *emetic*, when given in full doses, removing the morbid matter from the stomach; and not from the stomach only; but it exerts every gland to a proper, healthy action;

it enables the very pores to vomit out their excremental contents, which had become hardened therein, by cold and the shrivelling effects of disease. It is stimulant, diluent, sialogogue, emmenagogue, expectorant, tonic and alterative. From its subtile and volatile, diluent and stimulating nature, it is very purifying to the blood, throwing off, through the medium of the pores, all morbid matter that may exist therein.

Number Two.—This is the great generator of the natural animal heat in the system, where it has been in a measure lost; its *effects* are, to arouse the sensitive principle in the organs by increasing the heat; being a powerful, diffusive stimulous. It gives energy to all of the other medicines; it pricks the glands and causes the saliva to flow freely, and prevents the astringent properties of some of the other medicines, with which it is combined, or with which it may also be necessary to take it, from contracting them to much.

In all cases of Dropsy, Fits, Palsy, Rheumatism, and other complaints where the cold has settled in the system, and caused local or general obstructions, No. 2 is of the greatest importance, in raising and maintaining the wanted heat of the body, and giving energy to No. 1 and steam, to remove and clear away those obstructions.

The Thomsonian Practice is founded on this *eternal* foundation principle, as held forth, at the onset, by its illustrious and worthy founder, that "*HEAT IS LIFE, AND COLD IS DEATH!*" This being the grand principle aimed at, we have here the very article which will (with the aid of No. 1 and steam,) raise the heat the quickest, the highest, and maintain it the longest of any article yet known; consequently it is the best for that purpose. Besides its powerful and stimulating properties, No. 2 is carminative, tonic, diuretic, antispasmodic, sudorific, emmenagogue, expectorant, sialogogue, rubefacient, diluent, and alterative.

Number Three.—All of the articles composing Doctor Thompson's No. 3, are, more or less astringent. They bind and contract the fibres of animal bodies. No. 3 possesses powerful antiseptic properties, and has a tendency more than any other medicine, not only to prevent corrup-

tion, but to remove and clear away that which may have accumulated, and to remove any flegm, canker or morbid matter that may be lodged in the folds of the stomach and in the intestines. In many cases where much canker exists, emetics may be given in a tea of No. 3, to good advantage. And for injections it is very valuable,—whether the bowels be of a costive or a laxative habit, No. 3, has, proved itself equally good; and in all worm complaints it will assist greatly in scraping away their lodgings. For poultices and washes for all corrupted and vitiated sores, and with the 3rd preparation of No. 1, or No. 6, for the prevention of inflammation, or mortification, sore or inflamed eyes, poison, virus, &c., it has no equal. A strong tea of No. 3 sweetened, with or without a little milk, given to children and infants, with a relax, dysentery, or other stomach or bowel complaints, will, in nine cases out of ten, relieve them seemingly like magic. Let not the mature female forget the use of this article, with the addition of a little No. 2 and Nerve Powder, in the approaching hour of her greatest affliction; in this particular case, the simple leaves of the wild Red Raspberry, is said to be a superior article to use with the No. 2 and Nerve Powder, instead of No. 3. No. 2 *will* raise sufficient heat and action to put the machine in motion, and No. 3 *will* scrape off the canker and mucus, with which the stomach, lungs, and indeed the whole system, becomes surcharged. No. 1 is the grand force-pump to be introduced, no matter in what way, to force the offending matter from the centre to the surface, in every direction; every outlet and pore, all unite in one general vomiting of the diseased matter.

In all cases after being relieved from sickness, and even while going through the treatment, No. 3 should always be used, to remove the canker and prevent a relapse. A tea-cup full of the tea should be drank at night and morning, and a few doses of hot No. 4 through the day. If the bowels be any way costive, use injections often; or a little of the laxative No. 4, or bitter root. No. 3 is Antiseptic, Antiacid, Alterative, Aromatic, Astringent Carminative, Diuretic, Styptic, Tonic, and Vermifuge.

Number Four.—This is probably the purest tonic bitter known in the world. It is diluent and permanently

strengthening, and acts upon the glands and the liver, giving strength and elasticity to the one, while the fluids therein are thinned and receive a quickness of motion; and to the other it imparts that healthy quality or action, to produce a sufficient quantity of pure bile, which is nature's own physic, the best of all. It is antispasmodic, and tonic, imparting quickness of action to the digestive powers, to stimulate the blood and brace up the nervous system; hence it is a great restorer from inward weakness; and with plenty of No. 1 and 2, it will remove the cold and obstruction which occasions fits, &c.. And as No. 1, 2, and 3, are the most powerful medicines to arrest and drive out a disease, so No. 4 comes in next as the most powerful strengthener and restorer of digestion, and the weak system which the disease had prostrated. But it will never do its perfect work so well in any other way, as after a thorough cleansing with No. 1, 2 and 3. Doctor Thomson sayeth in his excellent work, that to take the No. 4, before first evacuating the system, by injections and vomits, with No. 1, 2 and 3, is like locking a flock of sheep in the fold, while the wolf is among them. In all cases of consumption, dyspepsia, stranguary, gravel, dropsy, and every other dreadful form of disease, No. 4 should never be dispensed with, especially after the system has been sufficiently cleansed, and even between the courses, while riding the system of any deep-seated disease.

Number Five.—This, though nearly the same thing in substance and virtue, as No. 2, 3 and 4, combined, yet it is a very convenient and valuable compound in this system of practice. It restores the digestive organs, and by some, is termed a supplement to No. 4. It is also very valuable to restore a healthy action to the intestines, when they have been paralyzed or debilitated by disease, acting as a demulcent alterative. In cases of dysentery, relax, and all cases of griping, or other ailments of the bowels or stomach, it may be used to great advantage, and it is peculiarly adapted to *children* laboring under any similar complaint. In children, dysentery has been cured in less than a day, by allowing them plenty of No. 5 syrup. Most children will take it of their own accord, when they have the privilege. In a general way, the sys-

tem should be cleared as directed for No. 4, before using; unless when it be used as a restorative after sickness; having been already relieved and cleansed in that manner.

Number Six.—This completes the sum total of what I call the *Primary Medicines*. And even this, as Doctor H. Platt explains it, is only a particularly modified combination of the same principles as No. 2, 3 and 4. It alone, or with No. 3, possesses the most active antiseptic properties of any article known, in the world. No. 6, with its antecedents, 1, 2, 3 and 4, aided by steam when required, are medicines worth more than all the rest in the world beside. Let every one therefore who attempts to cure any acute disease whatever, study well the true situation of his patient, and according to the form or nature of the disease, vary and regulate these primary medicines, so as exactly to meet the emergency, and in ninety nine cases in a hundred, a cure will be effected in a very short time. No. 6 is to be applied internally or externally, or both ways at the same time, as may be needful. In all cases of mortification, of inflammation, of pain or of any ailment likely to produce pain, No. 6 is almost a sovereign remedy, and should never be omitted. And although the most active and powerful antiseptic within the present knowledge of man, it is at the same time, a powerful stimulant, capable of raising and maintaining a sufficient heat in the body, if taken sufficiently often, in proper doses, to ward off cold and disease, when encountering extreme exposure, in storms or wet, or travelling in the damp of night, &c.. It is also alterative, astringent, balsamic, carminative, detergent, diuretic, diluent, emmenagogue, expectorant, rubefacient, sudorific, and tonic.

The Secondary Medicines.—These, comprised under the heads of Nerve Powder, Composition Powder, Cough Powder, Cholera medicines, Diuretics, Clysters, Worm medicines, Syrups, Pills, Snuffs, Lotions, Ointments, Plasters, Salves, &c., are, to be sure, in themselves very valuable preparations and compounds, being thus adapted to their various applications. They are considered the palliatives and restoratives, being well adapted for the less violent attacks of disease, as most of them are either

aromatic, balsamic, nervine or anodyne, lubricating, laxative, sudorific, antiscorbutic, demulcent, herpetic, pectoral, sudorific, or vermifuge. The most of them are mild and easily taken; but are at the same time, very valuable medicines, and in some cases it would be very difficult to get along without certain of them.

The Nerve Powder, for instance, in some peculiar cases, is almost worthy of being ranked among the primary medicines. It, in fact, possesses some of the properties of No. 1. It acts as a sedative and antispasmodic anodyne. In cases of fits, spasms, croup, pain, hysterical affections, fright, anger, melancholy, hydrophobia, and every other complaint, in which the nerves become greatly affected, this is the best article known, and may be taken in any other medicine while going through the regular treatment for all complaints like these.

The Composition, also, in the first attacks of disease, is an article of itself, worth more to the human family in the preventive and curative way, than all of the contents of the calomel and opium drug shops, put together. Even in many of the most acute, and worst of chronic cases, the Composition is the very best thing to *begin* with, as it is mild and aromatic, and may be sweetened and creamed at pleasure, and in many cases may be made strong or weak to suit the fancy of the patient. It is therefore well calculated for the youngest infants. It may, in cases of necessity, be gradually increased in strength and frequency, till it will entirely throw off a violent disease, if applied to in its first stages. And to keep up the heat between the courses, when it be necessary to repeat them, Composition with No. 4, or these alternately, has no equal: It is a peculiar, aromatic compound of No. 2 and 3. It is antiseptic, antispasmodic, aromatic, astringent, carminative, detergent, diluent, emmenagogue, expectorant, stimulant, sudorific, and vermifuge. Indeed I may say, for a common, every day family medicine, among children, &c., in cases of colds, squeamish stomach, and the like, this medicine has no equal. And in all cases where there be *pain*, no matter from what cause, the addition of a dose of No. 6, to each drink of the Composition, it is almost a sovereign remedy. These two articles, with a little No. 1, 3 and 4, should be constantly in every one's cupboard.

Cough Powder and Drops, are antispasmodic, aromatic, carminative, detergent, diuretic, expectorant, stimulant, sudorific, tonic and vermifuge. But their greatest use is, to act upon the stomach, breast, lungs, &c.. In all settled colds, hoarseness, stoppage in the breast and lungs, cough from a cold, whooping cough, phthisic, and consumption, they may be used freely, alone, or at intermediate times, while going through the regular treatment.

TABLE OF DOSES.

The *quantity of medicine* which is directed to be given for a *dose*, under the different heads, is that allowed for adults, or persons of ordinary strength,—say from sixteen years of age, and upwards. Accordingly, to a person of

From twelve to sixteen, give three fourths of a dose;

From eight to twelve, two thirds of a dose;

From four to eight, one half of a dose;

From two to four, one quarter of a dose;

From one to two, one sixth of a dose;

From the birth to one year, give from a twelfth to a sixth, according to size, age and urgency of the case.

Women, generally, and very weakly men, take a little less than men of ordinary strength and stature; but where the patient has an athletic constitution, possessing a great degree of animal spirits, the dose may be increased one eighth, over the ordinary dose. And in some cases where the patient be possessed of an obstinate, hardy, rugged constitution, or obstinate savage temperament, the dose may be increased from one fourth to a half, or more if found necessary.

I attended and cured a lad, of about twelve or thirteen years of age, at two or three different times, of sickness, and he required from double to treble the quantity directed to be given to adults. Less quantities seemed to produce no sensible effect in him; but when ever I doubled, and trebled the power and frequency of the practice, the desired effect was always produced.

Again, I have been informed of two cases of new-born

infants, not six hours old, that had three teaspoon fulls of the third preparation of No. 1, given to each of them, and they recovered from spasms, which had nigh overcome them, lived and did well ;—that too, when there was but very little hope that they could survive, till after the medicine was administered.

N. B.—In all cases where the dose is directed to be a teaspoon full, let it be understood to be a teaspoon of ordinary or *middle* size ; for there is so great a variety of sizes : Then, as a general rule, the above *Table of Doses* will be quite sufficient.

STEAM BOX AND TENT.

Steaming, in the easiest, most agreeable and expeditious manner, is in a STEAM Box, so built and adapted, that the *steam* can be conveyed into the bottom of it from the spout of a boiling tea-kettle, or any other kind of steam generator or boiler : or it may be constructed with a shelf or false bottom, a foot or so above the floor of the box, with a small door or opening from the outside, to admit a small tub or basin of hot water ; for the purpose of raising or generating the steam.

A *Steam Box*, might be made of white pine or ash boards, and jointed together in a plain, cheap manner, or framed together by any kind of pannel work, to suit the taste of the artificer, or the choice of the proprietor. It might be made from two, to two and a half feet wide, and from five to six feet high,—or from two and a half to three feet wide, and from six to seven feet high ; or to any other size desired. A door must be made in one side, large and high enough to go in and out. The box must be made tight, to retain the steam ; and in the door, a little more than half way up, there must be a small opening, about eight inches wide, and ten or fifteen high, to admit fresh air to the face of the patient, during the operation of steaming, and through which to hand in fresh water, teas, sponges or any thing else desired. This opening should have moveable curtains, so that the patient can close himself in, except an opening just sufficient for breathing, &c.; or so he can put his head out entirely, and close the curtain close around the chin ; or enclose himself in alto-

gether, for a few seconds at a time, if desired. These curtains should be attached inside, by buttons or some other means, that would admit of removing them, to be washed, when done steaming. The floor or bottom of the steam box may be placed about one or two inches above the bottom ends of the boards or feet upon which it stands ; then about ten or twelve or more inches above the floor, may be placed any kind of a false floor or platform for the patient to stand upon. A seat should also be placed therein so that the patient can sit at his ease or stand up, as desired. This seat should be made of open splint or rush-work so as to admit the steam through it, and it will be the better. In the top, which may be of a flatish form, there may be a round hole cut, from four to six inches diameter, and have a tin sprinkler, made like that on a watering pot, of a convex form, and fastened in the hole, in such a manner that when water be poured therein, it will sprinkle every direction in the box, forming a complete shower-bath. It might be so constructed, that by pulling a cord, the water would be turned into the sprinkler ; that when the operation of steaming be over, the cold dash could be given instantaneously.

Many other plans may be contrived for steaming, by which it may be done with very little trouble to the physician, and be easy and agreeable to the patients, especially where they be very weak and unable to stand over the steam.

A small box might be made, sufficiently high for a man to sit down in, upon an open-worked seat, that would admit the steam through it, in which sick and weak patients might sit at their ease and be steamed very conveniently. This box might be made much in the form of a large chair, boarded all around, having a suitable door, &c., as the large steam box ; or an open-worked chair might be made, in which they might sit and be shielded from the external air, by one or two blankets or other suitable cloth to keep the steam in.

A kind of settee might be made, in a similar manner, with an open-worked bottom or seat, upon which the patient could lie down, and be covered over with a blanket, and have the steam generator, underneath. In this way any part of the body could be steamed at pleasure ; a foot,

leg, arm, shoulder, breast, chest, &c.. For a permanent apparatus of this kind, it might be boarded up, and over, box fashion ; and have in the side or top, a door or lid, to open for the convenient reception and egress of the patient, with one or more apertures for the face, and access of fresh air, sponges, water, &c., which should be curtailed like the opening in the door of the first mentioned steam box. The steam may be communicated into the under part of this kind of a steam box, or the chair-box, open chair, or open settee, by means of a steam pipe from a boiler, or by means of the steaming stones, as may best suit the convenience or circumstances of the operators.

From the above directions, any ingenious mechanic in wood, may construct a steam box, chair or settee, to suit his own views, that may answer the purpose admirably well ; and for which purpose the curious may have access to similarly constructed ones, now in use in many Thomsonian families.

These steam boxes may be made or set upon such strong frame work, as to allow suitable small wheels underneath, to move them from place to place, and from one apartment into another at pleasure, which in some houses would be a very great convenience. The box might be painted on the out-side, and would be a very becoming, convenient and useful article of furniture, and worthy of a place in the *President's House*.

Steam Tents, may be made with a sort of bows or very light frame work, without boards, bearing some resemblance to a tent, or the top bows or covered part of a wagon. It should be made sufficiently permanent, to support a canvass or blanket covering, or curtains, however the proprietor may wish to have it ; and a seat also if desired. It may be made to stand up in, or merely for setting or lying down in as any of the above ; and must be supplied with an opening for the face, like them. The *steam tent* could be made with joints and hinges to fold up, having a moveable canvass or blanket, (as they allways should,) for the purpose of washing them and keeping them clean and wholesome. This could be folded up and set aside out of the way when not needed ; and would be much more convenient to carry from house to house, than the large steam box, as has been done, in some instances.

Under a Blanket, steaming may be performed with but very little trouble, if the patient be able to stand, twenty or thirty minutes, over a small pail or basin of hot water. If the patient be a small person, one large blanket will make the tent, and the patient will form the tent frame. The blanket must be drawn over the head and shoulders, and brought down the sides of the face and pinned under the chin, and be brought round to lap over before, like a cloak, all the way down to the floor, and around the pail or basin of hot water. If the blanket used be sufficiently large for this purpose, then proceed with steaming; but if it be not, then take another blanket, and place around the patient and vessel of water, before; the upper part of which must be brought up over the breast, under the chin, and be spread over around the shoulders, and be pinned behind; then all will be in readiness; provided the hot stones, brisk fire, and plenty of hot teas, sponges, cold water, &c., &c., be at hand.

In like manner, the patient may sit upon a bottomless chair, having several thin bits of lath or the like, laid on to form an open seat, to admit the steam through the same. Then to be fitted out, the hot water must be put in a tub, large enough to allow the chair to stand upon it, by placing across the top, two pieces of broad lath, for the chair-feet to rest upon. The patient, then having the two blankets placed around him, as above directed, must sit upon the chair, over the tub of hot water, and have the blanket drawn all around, both chair and tub, and down to the floor; then the practitioner, having previously given the patient two or three doses of composition or other hot medicine, and having all other requisites in readiness, may raise the blanket at one side, and with a hot stone, commence steaming according to the directions.

Steaming in Bed, may be performed thus: Take three hot open-grain sand stones about the size of large cucumbers, or bricks, and pour hot water on them until they quit hissing; then wrap them in three or four thicknesses of damp cloths, and place one of them at the feet, and one at each side of the patient, after having first given him two or three good draughts of compo-

sition, or No. 2 and 3. If it be desired to continue the process of steaming longer than the stones will retain their heat, then their place must be supplied with fresh stones, as at first.

HOW TO STEAM.

The first thing, when about to steam a person in the ordinary way, is to be provided with a clean sweet room, with a brisk, blazing fire in it, whether the weather be warm or cold. The fire is to answer three important purposes, therefore it must never be dispensed with, while steaming. First for the purpose of heating water and stones, for steaming with. Second for rarifying and purifying the air in the room, and carrying off by the chimney and other currents, the noxious effluvia which always escapes with the perspiration when steaming the sick, and renders the surrounding air, more or less impure, and unwholesome, so much so, that it would be very injurious to the sick, and not good for the well, to breathe therein during the process of steaming without the purifying properties of the fire. For this purpose a window or door, or both should always be open while steaming, to let off the foul, and supply its place with fresh air. Third; for the purpose of making ready such teas and other medicines as may be wanted, and keeping them warm and ready for use at any moment that they may be needed, while administering the course of medicine.

The next things necessary, are to have six or eight, open-grain sand stones, of about a pound or a pound and a half weight, each, heated to redness; then take a small tub, kettle or basin, two thirds filled with hot water; set it on the floor, and having the patient undressed, and the blanket or tent properly placed over him—so that the steam cannot escape, and having previously given him two or three doses of composition, or No. 2, make him stand over the vessel of hot water, letting the blanket reach down to the floor all around; then commence steaming. Take one of the smallest stones first, in a pair of good tongs, or an iron ladle, and put it in the water, immersing it gradually as it cools. This

causes a very gentle steam or vapor, to rise out of the hot water, and ascend upward under the confined blanket, so as to surround the body of the patient. As soon as the stone becomes so cool as to quit hissing, lay it aside and take the next smallest stone, and proceed as at first, so as to keep up a lively steam, in this manner for about fifteen or twenty minutes, or even a shorter time if the patient be too weak to stand so long. In all cases, begin with a very gentle and moderate steam at the first, and increase the power thereof, gradually and with as much regularity as possible; and give the patient several more warm drinks while over the steam, keeping the inward heat always greater than the outward, and all will go on safely. If the patient be nervous, add to each drink, half a teaspoon full of Nerve Powder or Nerve Drops. If faintness be apprehended, throw a little cold water in his face, or wet the face, temples and breast, with a sponge dipped in cold water, or water which had a little vinegar dropped in it. This will let down the outward heat and restore the strength of the patient. A dose or two of the Bitter Nerve Drops, described at page 21 and 22, or a dose of the Spiced Bitters, or any preparation of No. 4, is very good, to give a dose or two of, while steaming, and also before going on the steam; being diluent, tonic and anodyne, it seems to prepare the humors for passing off readily by perspiration, and at the same time, strengthens the stomach and nerves, and imparts much cheerfulness and elasticity to the patient. In this way I have steamed numbers, and never had the most weekly patient to become faint; but on the contrary, their universal testimony was, that the operation of steaming was to them not only very pleasant, but that it generally gave much more agreeable sensations while under the operation of the steam than they were able to procure to themselves before; and that they in every instance were much relieved, and lastingly benefited thereby. If however, at any time during the operation of steaming the patient complain of it being too warm, the practitioner must raise the stone out of the water a little, or take it out altogether, for a minute or so; else raise the blanket a little, as occasion may require, scrupulously observing the feelings of the patient; at the same

time, the patient must be firm, and not whimsical. Give the patient cold water to sup, if desired; and if he be hard to sweat give him more No. 2 and 3, or composition made strong and sweetened, to drink plentifully of, while steaming.

If ye cannot determine with what degree of heat or force, to raise the steam, it may be ascertained precisely and regulated admirably well, by giving the patient a thermometer to hold in his hand, under the blanket; and having the temperature of the room, say from 75 to 85, when beginning to steam, then as nearly as possible raise the steam gradually, about one degree per minute, which can be easily noted by observing the thermometer, —until it rises to 110, 115 or 120 degrees, just as may be agreeable to the patient, or as may be thought necessary. In most cases 120 will be high enough; yet there may be some dreadful or acute cases, or cases of long standing, in which it may be necessary, in subsequent steamings to raise the heat gradually to 130 or 135 degrees, and continue an hour or more. Some of these are dropsies, white swellings, gravel, rheumatisms, gout, hydrophobia, and other obstinate forms of disease.

When done steaming, always remember that the patient must be washed (with a sponge, or cloth,) all over with cold water, and then wiped quite dry, with a quick motion, so that the friction or rubbing will bring on a glow of warmth, and it will leave the patient entirely out of any danger of taking cold. When steamed in a well fitted up steam box, if there be fixed in the top of it, a sprinkler as explained, under the head of "Steam Box," the cold bath may be administered in the completest manner possible. Those who do not prefer the cold bath so suddenly, may use a sponge or cloth, and a basin of water, or water with a little vinegar or spirits, No. 6 or Vinegar Lotion added; or, instead of either of these, the patient may bathe all over with the whiskey lotion, mentioned at page 46. If the whiskey lotion be used, it should be diluted with an equal quantity of water, and even then touched lightly over the most tender parts. The whisky lotion is very valuable for this purpose, especially when steaming in chronic cases. When this be all done, the patient may put on his clothes and go about

his business, or go to bed, accordingly as the state of his health or the nature of the case may seem to require.

Having given a pretty general outline of a very simple and common method of steaming, I shall just remark, that there are also a variety of ways, of generating the steam and conveying it to the body of the patient, besides that of hot stones, &c.. A kind of kettle might be made, the size of a small tea kettle, to hang over the fire, having a tight lid, with a small tube in the top, to put the water in, and to which a long, movable pipe may be fitted, that will reach to the patient, under a Blanket, Tent, or Box, as the case may be. In this pipe, else in the boiler, or in each of them, there should be a small turn cock, by which the practitioner can let off or regulate the quantity of steam, desired to be thrown around his patient. By such an apparatus, properly constructed, and plenty of pipe, with suitable, movable joints, the practitioner, may also steam any particular part of the body of his patient, that may be desired; as in cases of white-swellings, gout, rheumatism, bruises, sprains &c..

For cheapness and simplicity, the above methods of steaming surpass all others known, except that adopted by the Russians; as we are informed, they throw water upon red hot stones, in a close room, until they raise a powerful steam, where they lie naked on a bench, in a profuse perspiration, sometimes for two hours. It is said that in this way they raise the heat till the thermometer rises from 140 to upwards of 160 degrees, and occasionally while in the bath, pour hot water over their bodies, and at length plunge over head, into a large tub of water; and that many rush out almost melted in sweat, and plunge into an adjoining river, or roll themselves in snow, during the most piercing cold weather, without suffering any inconvenience, and probably with advantage; for we understand that rheumatisms are scarcely known in Russia, and there is great reason to attribute this exemption to the vapor bath.

STEAMING SMALL CHILDREN.

Very young children may be steamed by placing them in the lap of a person, and covering them over with a blanket, and having an assistant to apply the steam.

The nurse who holds the child, should have a blanket spread crosswise, over her lap, in such a manner that the lower half of it will spread out upon the floor, in front of her feet, and also in such a manner that more than half of the length of the blanket will hang over her left knee. Then sit the child on her lap upon the blanket, with its clothes off; then bring up first, the short end of the blanket which hangs over her right knee, around the child's shoulders and body; then also the long end of the blanket, which hangs over her left knee, must in like manner, be brought around the child, lapping over the short end, and be pinned under its chin. The front edge which rests upon the floor, must be stretched out before the nurse, in the form of a petticoat, forming a kind of funnel, in the neck of which the child sits. The blanket being thus adjusted, and the child having previously taken two or three drinks of composition or other warming medicine, the practitioner then places a piggin or basin of hot water in the lower end of the blanket-funnel, which forms a complete *Steam Tent*, and commences steaming, by holding a small, hot stone in the surface of the water, and lowering it gradually, until the steam rises, sufficiently to produce a free perspiration.

If the child's head be affected, as is sometimes the case, with scald-head, gatherings, sores in or about the ears, tooth ach, or swellings or the like, and it be desired to sweat it too, the nurse has only to draw the blanket higher up behind the child, so as to cover its head all over except the face, and pin it under the chin, and proceed.

The nurse as well as the practitioner should exercise her best judgment respecting the heat of the steam; and if they be at any loss to determine, let the nurse introduce a small thermometer under the blanket, near the child's body, and in a minute or two, notice how high it rises. Let the mercury rise gradually, about one degree per minute, or up to about from 100 to 105 or 110 degrees. In this way the child may be steamed, ten or fifteen minutes, at a time, and repeated once or twice in a week, or daily if necessity require it. Doctor Thomson recommends in his *New Guide*, the plan of steaming the nurse or person who holds the child, *along with it*; as affording the best opportunity of determining the proper

degree of heat. By either of these methods, almost any one with a small degree of experience, and a little more knowledge than a monkey, can easily perform the operation of Thomsonian steaming, without any *hazard* of burning, roasting, boiling, or cooking alive, any patient, either infant or adult, as some of the calomel fraternity and their minions have endeavored to frighten the ignorant, by attempting to make them believe such were the facts.

If the child should appear faint, during the operation, give it a dose or two of Infant Drops or Bitter Nerve Drops, or some other nervine or bitter medicine, together with plenty of composition, or No. 2 and 3 mixed, to keep up the inward heat, above the outward, the fountain above the stream, and all will be right.

When the steaming be over, dip a cloth or sponge in cold water and wash the child all over, and then wipe it perfectly dry and rub it gently all over with dry flannel; then put on dry garments, and let it run, or put it to bed and give it an emetic, as circumstances, and the state of its health may dictate.

BATHING THE FEET.

There are *two ways* of bathing the feet for the purposes of, returning a due circulation to them; for throwing off a cold, or to prevent taking cold, and consequent sickness. One of them is in *warm water*, and the other in the *vapor steam bath*. I will here give a description of both.

The warm water, bathing is the most common for the feet. It is also the simplest and most easily performed, requiring but little more than a bucket of warm water and a dose of composition, or No. 2 and 3, mixed, to be drank warm, and the feet immersed in the bucket of warm water, fifteen or twenty minutes. But it is much better to be done in a more effectual and careful manner. My plan of soaking the feet in warm water, to prevent sickness when greatly apprehended, or for throwing off a violent cold or the like, is, first, to give one or two good

doses of composition, No. 2 and 3, ginger or some other stimulating medicine; then spread a large blanket over a chair and sit the patient thereon; then put his feet in the bucket of warm water, of about blood heat. Next, I draw the blanket all over the patient, except his head, (and the head too, if it need a sweat,) and over the bucket of warm water also. I then take quite hot water and pour into the bucket or tub at one side, gradually raising the heat about one degree per minute, for about twenty or thirty minutes, or until it rises to 120 degrees by a thermometer. During all of this time the patient sits before a warm fire, and remains under the blanket to shield off the external air, and promote perspiration. If there be much cold in the system, the patient repeats the doses of composition, with the addition of a teaspoon full of No. 6 to each dose, and continues the feet in the water, thirty or forty minutes. When they be soaked sufficiently, I take them out, wipe them quite dry, before a warm fire, and rub all over them, effectually, No. 6, Vinegar Lotion, Pepper Sauce, Whiskey Lotion or Stimulating Liniment. Then I draw on a pair of dry stockings and shoes and let him run, or put him in bed, as the case may require.

The Vapor Bath, is prepared by putting a little hot water in a tub, placing across the top of it, two or three bits of lath or narrow boards, and laying the feet and legs across these, and covering, feet, legs and tub all over with a blanket. The blanket should at the same time be drawn closely around the tub to prevent the steam from escaping. Against this be done the patient should have the inward fountain of heat well raised, as above directed; then the operator should raise up one edge of the blanket so as to admit a small red hot stone or a small brick-bat, several of which should be in readiness. The blanket should then be kept drawn down again to retain the steam in the tub as much as possible. The hot stones must be immersed gradually, using the smallest first, so as to increase the heat about one degree per minute, as by any other mode of steaming, and, about the same length of time. After the steaming be over, wipe the feet and legs quite dry, using a reasonable degree of fric-

tion, before a warm fire ; then as directed after the warm water bathing, rub something quite stimulating on them.

Bathing the feet in warm water, or over a steaming tub, covered under a blanket before the fire; or lying in bed, with the feet in a bath-tub, covered over to shield them from the external air, and drinking warm teas as above directed, with Nerve Powder, or the bitter or sweet nerve drops, and small portions of the 2nd preparation of No. 1, (either the sweet or sour,) will sooner ease a cramp, take of spasms, and restore perspiration, than all the sudorifics of the calomel doctors in the world. And notwithstanding all this, in all extreme cases, the patient should lose no time, (as the Thomsonian treatment is thorough going,) but go through, either a *full* or a short course of the medicine, as the necessity of the case may require.

In all cases where any wish to apply the warm bath to the feet, or any other part of the body, or even the body all over, and have nothing stimulating to rub over afterwards, then in this case, they must wash the part steamed, with cold water, with a little vinegar dropped therein, or in its purity; then wipe dry, and rub well over with a dry flannel until a glow of warmth come on, then no danger from cold need be apprehended. But contrarywise, cold will be prevented or cured; sickness and the doctor will be kept away; good health and strength will be maintained; cheerfulness and a better flow of spirits will be promoted; humors, which engender perplexity, in the brain and grief in the heart, will be driven off, or drawn down to their proper level, leaving the head serene and the heart cheerful, imparting a degree of alacrity to the whole frame; and happiness in these enjoyments will be the ultimate consequence.

For further information on the subject of bathing the feet and steaming, see the "Courses of Medicine."

MEDICATED BATH.

The modes of bathing, steaming, &c., heretofore mentioned in this work, are principally the *Simple Vapor*, and *Warm Water Bath*. The Medicated Bath, is the same

thing as either of these, with merely the addition of medicine to the water or steam, used in bathing. The medicated bath is of the utmost importance in some peculiar forms of disease; In diseases of the skin, where steaming or bathing be required, herbs or medicines, made in a decoction or merely infused in the hot water during the operation of bathing or steaming, may do much good. Where there be hard or dry swelling to reduce, No. 1, 2 and 4, or such herbs (generally bitter,) as have a hot diluent, softening property. Vinegar is a good diluent and, by pouring it upon a red hot sand stone, in a steam box, tent, or under a blanket, forms at once a medicated vapour bath, very good for swellings and obstructions in the skin. Burdock leaves; mullein leaves; lobelia, sassaparilla bush, leaves and root; spice bush, leaves and twigs; elder flowers and bushes; hops; wormwood; tanzy; wild camomile, and many other things may be infused in the hot water, at pleasure, when desired to administer a *medicated bath*. And when it be desired to medicate the bath for scrofulous or ulcerous sores, or any other acrid or putrid sore, which is already somewhat relaxed and foul, use anti-septic rough bitter and astringent herbs; No. 3; bittersweet; cecash; pipsissaway; red alder; black-rattle snake root or herb; wormwood; witch hazel; smooth shumack; bayberry; myrrh; quaking asp; balm of gilead; hemlock and many other like articles are good. In some cases of very fetid corrupted sores, it may, be necessary to bathe them in a weak ley bath; then a weak vinegar bath or lotion, and then apply a No. 3 wash, bath, or poultice, or all of these, as the case may require. My settled opinion is, that many lingering bodily complaints, might be treated with properly adapted Medicated Baths, often to a more effectual advantage, and a quicker cure, than with the simple aquas bath. Likewise, many obstinate chronic ailments in the flesh and skin, might be greatly relieved, or cured, and cured even more permanently and speedily, with the aid of a medicated bath, if properly adapted to the occasion. At all times when bathing or steaming, let it never be forgotten, that the patient should take plenty of stimulating medicine to keep up the fountain of heat; and if the bath be applied for disease, use also such other medicines as may be suitable for the occasion.

TEPID WATER BATH.

The tepid or warm water bath, is of no trifling importance. It is not only purifying, and softening to the body and skin, but it is cleansing to the body, by producing a termination to the surface. Hence much of the thickened cloggy matter which always lodges more or less in the pores, will be assisted in making its escape; and the surface of the skin will also, by it, be freed from that scaly matter, which always collects, more or less, on the healthiest of persons. The pores of the skin, thus being freed from all offending and obstructing matter, the natural, insensible perspiration will be promoted; the limbs will be rendered supple, and any stiffness which may have been produced by exercise, fatigue or cold, will be removed. The tepid bath has been found to allay thirst; a proof that a quantity of water enters the body, through the pores of the skin by absorption.

Happy are they whose pleasure is their duty.—Hence those who are pleased with cleanliness, and healthy exercise, should take a delight in the tepid bath, the vapor bath, or both of them; for they are, when properly administered, very reviving and strengthening, to the body, and also impart a serenity to the mind. To delicate females, and young children it is of great importance; and is much better for washing the bodies of children, especially weakly ones, than cold water, as is sometimes done, under the idea of bracing the constitution. Tepid water is not only the most agreeable, but the most proper fluid to excite the energies of the system. There is, nevertheless some cases in which the cold water bath or shower bath, or sponge bath, is not only proper but very useful. These are treated of under their proper heads.

The heat of the *tepid bath*, should, in a general way, range from 85 to 95 degrees; then no striking sensation, either of heat or cold will be felt. But a person much chilled, will, when entering the tepid bath, feel the water warm; while another who had been heated by exercise, will feel it sensibly, cold.

A proper time for the tepid water bathing, is in the evening before retiring to bed; it will then promote refreshing sleep,

It is very good, always, just before or after this way of bathing, to take a dose or two of composition or other stimulant, with a little Nerveine.

USES OF STEAMING.

Steam is good for the prevention as well as the cure of disease. Persons who have suffered much exposure to wet or cold, and is threatened with disease, may prevent an attack, and long sickness, and much hinderance in business may be prevented and expense saved, by a very little trouble. Standing over a steaming basin or piggin fifteen or twenty minutes, according to the directions before given, till the cold be thoroughly thrown off, and a lively perspiration ensue, then going to bed, and putting some of the hot stones from the basin, wrapped in wet cloths, to the feet, will in nine cases in ten, effect a perfect cure in sudden attacks of cold, and many acute attacks of disease. The process of steaming should not be neglected, even where the medicine cannot be had. But in cases where no prepared medicine be at hand, there should be gotten if possible some ginger, black or red pepper, cloves, or any kind of medical or garden herbs, and make a tea and drink thereof, or even some warm water, rather than nothing. This advice is for those who may be overtaken or threatened with sickness, unawares, and those who have not yet obtained a knowledge, nor gotten a supply of the medicines.

In all cases of cold and morbid obstructions in the body, where the warming medicines seem not to have their usual good effects, by bringing on perspiration; in all cases of this kind where the heat of the patient be so far exhausted, as not to be rekindled in a short time after using the proper medicine, and being at the same time shielded from the external air by blankets or in bed; in all cases of a tight contracted, and sensibly cold skin; where the system with its lively energies begin to languish, and the sufferer begins to have less pleasure in any thing, or life itself; in all cases of fever, when perspiration be particularly desirable; in many cases where sleep and rest are desirable and much required, but cannot be

procured, on account of the disturbed state of the nervous system; in all rheumatisms, gout, dropsies, gravel, stranguary, strictures, white swellings, edematos or dough like swellings, stiff, or contracted joints, st. vitus' dance, scald-head, scabs and itch; in all cases of dysentery, and mostly in cases of piles, and the like weaknesses; in all diseases of the breast, or lungs, inward hurts or bruises, consumption and shortness of breath; in all cases of drowning; in all cases of hydrophobia, or the bite of a mad dog; in all cases of poison from serpents or the fangs or tusks of any beast or reptile; in all bad cases of stings by insects, after using of the 3rd preparation of No. 1; in all cases of collapse in yellow fever, cold plague or cholera, after first giving a plenty of the hot medicines to keep the inward heat greater than the outward,—and in cases of this sort where there be extreme weakness, and the patient be too weak to stand over the steam, he should be placed in bed and have hot stones or bricks dipped in hot water or vinegar, (till done hissing,) all hot and steaming, placed to the feet, hands, back, stomach and bowels, at discretion; in cases where an emetic be given, and the patient becomes sick and cannot vomit, and the No. 2, pearlash, and injections, do not start it, then place him over the steam, which will open the pores, extract the cold and set the medicine into operation. In all such cases as the above, steam is a no less powerful moving warrant against disease, than it is in engines for propelling machinery.

Women in a state of pregnancy, should have several steamings, or regular courses of the medicine, especially when near the time of delivery; as they will tend greatly to clear the system of morbid humor, and prevent any alarming complaints, common about the time of confinement. Be careful always, and not raise the outward heat too suddenly, so as to balance the inward, or ye will fail in your object; but in all cases, give hot medicine inwardly at the first, middle and last, keeping the fountain above the stream, and all will be safe.

It is also necessary in all cases to avoid too many clothes, or too much fire; for these may produce too great a heat at the surface, to which the inward heat will also fly; for inward circulation will then in a measure cease,

and the patient will become distressed. If this occur, give the patient more hot medicine and throw cold water on the face and stomach, which will raise the inward heat and let down the outward, and thus bring all right again.

It has been thought by some, that the constant use of the warm vapor bath had a tendency to relax and debilitate the body; but this is now admitted to be a mistake. It is an error to suppose that persons who have been immersed in the warm vapor bath, are more liable to take cold, than previously; for the body is then better able to resist cold, than it was before bathing. The vapor baths in this country are simple in construction and effectual in application. In a general way, the steam of boiling water, either simple or medicated, may be conveyed through pipes from almost any kind of boiler, into a steam box or under a blanket. In this manner the stimulating power of heat is tempered and modified by the moisture diffused through the air; and its salutary effects are also further enhanced by the copious perspiration which ensues; so that, on every account, the vapor bath is safer, in most cases than the dry warmed air, or the dry vapor bath, formed by burning spirits, as practised by some of the old school faculty, which, no doubt was taken from, or in imitation of Doctor Thomson's plan of steaming, when there ignorance and prejudices hindered them from a cordial admittance of his theory. The vapor is also more effectual and less oppressive than even the warm water bath, which I have so much recommended, and which is excellent in the practice of cleanliness, foot-bathing, &c.. It may be employed with greater success, and attended with *less danger*, when in some cases, the warm water bath would be too oppressive and rather retard perspiration by pressing into the pores. With the advantages just mentioned, and the facility with which the steam is conveyed into a steam box, a wagon-roof frame, under a blanket, or in a bed, to any part, or the body all over, as desired, and which may be raised in temperature gradually, (instead of being diminished,) until it arrive to the proper degree, renders it the most applicable of all the baths known in the world, to be used as an auxiliary, to the botanic medicines, in the removal of a great many forms of disease.

There is however one condition of the body which may at times be exhibited, in which it would be improper to commence steaming, immediately; that is, where a fever is very high, with a dry burning and apparently parched skin. In such cases, it is only necessary to give a plenty of hot medicine and drinks, and sponge the hot dry parts over with cold water, or vinegar and water, to let down the outward heat, and raise the inward, until the skin begin to retain the moisture and feel more cool, and soft, then the steam may be applied, very moderately at the first, and raised gradually, to 110, 115 or 120 degrees; provided the patient continue to drink a plenty of the hot stimulants to keep the inward heat or fountain above the outward, when all will be safe, and the cold speedily thrown off; the heat equalized through the body, and the patient well.

The vapor bath is therefore used in all cases of fever, when perspiration be desirable. It promotes a calm and sound sleep, and regulates the discharge of the skin; the fever symptoms are lessened, if not prevented; the head will be preserved from delirium, and the symptoms moderated till the disease terminates. Steaming is also beneficial in complaints of the liver; water in the head; glandular swellings of the neck; leprosy, strangulated hernia; affections of the skin, and has also been found to be beneficial in inflammations of the bowels.

Now let us read what the celebrated J. Hancock, M. D., England, sayeth in his observations respecting the *Vapor Bath*; extracted from the Thomsonian Recorder vol. 4, p. 197. "Aqueous vapor, as a remedial agent, is preferable to the warm water on the surface of the body, as being more powerfully sudorific and resolvent, while it relaxes the habit less. A *greater degree of heat*, can be borne by the patient, and with less fatigue or oppression. It excites the skin with more intensity, dilating the extreme vessels and driving the blood from the overcharged viscera, into the general system and its wanted channels; with the use of frictions, it becomes one of the most potent and effective means of revulsion and a balance of the circulation. Few people, unfortunately, in London or elsewhere, have any idea of the case with which they may at any time obtain a vapor bath,—an article perhaps

little inferior in importance and real utility, to the drugs of the apothecaries' shops taken collectively. Nothing more is required in this case, but for the patient to sit upon some sticks or laths over a small washing tub, (this answers very well;) but the oval bathing tub would be still better, having a frame of lath work for the patient to sit on, to be taken off or used when required, [and the tub filled] about half full of water near the boiling heat, with a blanket or two thrown over his head and shoulders, and extending to the floor all around the tub. This will retain the steam about the patient's body, and soon produce a universal sweat. This simple method available by the poorest families, is, in every respect, equal to the most complex and costly apparatus for obtaining a vapor bath. From ignorance of this, and the exorbitant price demanded for the vapor baths, the poorer classes in London are totally debarred the enjoyment of this species of luxury. They are made believe by interested individuals, that nothing less than six or eight shillings can afford them a single bathing; or as many pounds, for the purchase of a machine. On [when] passing down Museum street, in 1828, I heard a poor woman relating to another, that her husband was confined to his bed and quite crippled with rheumatism, and that they were not able to afford him a trial of the vapor bath. I took the liberty of informing her how she could prepare it herself, and repeat it as often as required, without expense. On [when] passing that way and meeting her again, about a fortnight afterward, she informed me, with expressions of gratitude, that by following my directions, together with the use of some herb tea, her husband was quite recovered, and some days previously had gone to his work.

The power of the vapor bath appears to be increased by the addition of aromatic substances to the water, as by throwing in leaves of the lime tree, guava, wild sage, or other aromatic herbs, as mint, rue, rosemary, &c.. The patient may remain [in the bath] a quarter of an hour more or less, according to circumstances, and should then be rubbed over with a coarse towel, lie in bed and be covered with a blanket or two, to keep up the perspiration for some time. The bath may be repeated once or twice a day if required, according to the urgency of the case.

For my own part, I think there is no better method for the successful treatment of fevers in general, than that which is followed by certain tribes of Guiana, which consists of very little besides the use of aromatic vapor baths and frictions. They take for this purpose, the leaves of the guava, lime tree, &c., or any aromatic herbs at hand, bruise and throw them into the bath. A similar practice is pursued by the Creoles of Martanique, in yellow fever, with greater success than attends the European practice.

The simple method here detailed is not only adapted to the watery vapor of steam, but answers, equally well with any other, for fumigation.

Fumigations are among the most powerful auxiliaries in the cure of chronic rheumatism, and in glandular obstructions, liver complaints and enlargements of the spleen; and they have extraordinary efficacy, along with proper internal remedies, in the removal of leprosy, scorbutic and various cutaneous disorders. Coughs and catarrhs are relieved by aqueous vapors received with the breath; expectoration is thus assisted in humoral asthmas, and the same is conducive to the healing of ulcers of various kinds. In fever and inflammatory states of the liver, spleen and bowels, in dysenterry and dry belly ache, the advantages derived from the vapor bath are uncalculable.

The uses of the vapor bath are almost too numerous to be detailed here, being constantly requisite in every family. It is indeed among the most effectual sources of health and cleanliness, removing the sordes of filth from the skin, so as to open the pores and give freedom to transpiration; at the same time, as a tonic and bracer of the habit, a moderate use of the cold bath, or sponging, should not be disregarded. We may therefore, consider it of much importance to procure a remedy of this kind (the vapor bath) for domestic use, which may be done at a small expense and with the greatest facility."

For the satisfaction of some respectable and intelligent individuals who have become prejudiced against the *Vapor Bath*, commonly called "Steaming," I here lay before them the opinions of Doctor Holmes, of Montpelier, of Vt., one among the number of "Regulars," who became converted to the Thomsonian practice.

"A strong but wholly unfounded prejudice exists in the opinions of many highly respected persons in the community, and *even* among many respectable physicians, against the vapor bath.

I would ask, why vapor bathing is so much neglected by physicians in this country? They very generally acknowledge its efficacy as a remedy, and its great power as a preservative of health—Still it is, I may almost say, criminally neglected. If there ever was a time when the use of the bath was indispensable, it cannot be less so at present, when so great a number of various diseases are deemed by the regular faculty incurable; such as scrofula, cancer, leprosy and consumption, with a long catalogue of chronic complaints. Yet these lamentable results might have been prevented, if the sufferers had been timely brought under the influence of this system of practice.

Vapor bathing is more beneficial than bathing in warm water, in diseases connected with obstructed perspiration, inasmuch as it restores and promotes that salutary discharge, while the weight of warm water closes the pores and confines the perspiration. Heat and moisture united have long been known to intelligent physicians, to be among the most valuable means of cure in certain cases; and in no way can they be so effectually administered as by vapor baths. As a proof of their powerful influence, we would observe that, if a person was to drink half a pint of brandy, and then go into a bath, no intoxicating effects would arise by it, but the towel that he used would be strongly impregnated with the spirit.

The idea so commonly entertained, that one is more liable to take cold after vapor bathing is incorrect. In proving the correctness of our assertion, we will therefore appeal to the results of experience, that 'the use of the vapor bath is in reality a tonic, and fortifies the system against cold.' Facts are of more consequence than deductions from established, false principles. In Captain Parry's expedition to the North Pole, the bath was constantly used by the men, previous to taking their post on deck, and it was invariably found that the man who neglected to use it, could not remain on deck half so long as he who availed himself of its aid. The Russian instantly plunges at once from the vapor bath into the cold

bath, or exposes his body to the rigorous frost ; this sudden transition hardens him to all the severity of climate, and to every vicissitude of weather. And we are told by Lady Mary Wortley Montague, that the Turkish ladies, who do not yield in point of delicacy to those of this country, bear this sudden alternation of temperature equally well with the Russian peasant. Sur Arthur Clark says, " there is no danger whatever from cold ; the truth is, we are less liable to cold after vapor bathing than at any other time, for the increased circulation on the surface of the body keeps up a greater degree of heat, which the non-conducting state of the skin long preserves in the medium of even a cold atmosphere ;" consequently, the fear of taking cold, expressed on such occasions, is both groundless and injurious.

Could these facts be generally known, much of the apprehension now existing, in regard to the steam or vapor bath, and the Botanic practice, would be done away, and the cause of reform much advanced. We would urge our friends not to be backward in disseminating light on this subject. Our cause does not shun, but courts inquiry. Sir Arthur Clark says 'improvement or discovery in any art or science, at first is generally opposed, either from motives of prejudice, which it offends, or ignorance which it mortifies.' One of the greatest physicians that ever lived, acknowledges the truth of this observation, as applied to the medical profession in particular : 'There is scarcely an improvement,' says he, 'in our art, however obvious, that did not experience at first the almost unanimous opposition of the faculty.'—*Holmes.*"

The vapor bath is a thing without which no Russian boor exists. The soldiers and sailors use it twice, and the peasants at least once a week. Baths abound in the capitol ; and in every village where there are twenty houses, there is one devoted to a bath. People of all ages use them. And the heat generated in various ways, soon throws the person into a profuse perspiration. Vapor is produced by throwing water on hot stones. The bather generally lies upon a plank in the hottest part of the bath, and is fladjellated with soft rods, or is scraped down with a kind of hoop, or rubbed with shavings or hair brushes. The effect produced, is a profuse perspiration from every

pore. When this has been continued a certain time, warm water is dashed all over him, and then water a little cooler, and, finally at a very low temperature. This is succeeded by dry rubbing, which produces a genial glow; and as the operation is generally performed in the evening, he retires from the bath to the couch or bed, and perspires moderately during the remainder of the night.

—*Dr. Lefever.*

From what has been said, we may see that the use of steaming is to apply heat to the body where it is deficient, and clear out obstructions caused by cold, where the operation of the medicine will not raise heat enough to do it; for as the cold thickened the fluids of the body, into stagnant masses, and tough ropy flegm, steam is required, to warm, moisten and bring away such obstructions. For as the natural heat of the body had become lower than the natural state of health, it must be raised by art, as much above, as it was below; and thus maintained by repeated applications of medicine and steam, until the digestive powers be restored, sufficiently, to hold the heat by digesting the food; then the health of the patient will be restored and become permanent, by eating and drinking such things as the appetite shall require. In this way medicine and a properly adapted vapor bath, remove disease, and food by being properly digested, supports nature and continues that heat on which life depends.

COLD WATER BATH.

The *Cold Bath* may be administered in such a variety of ways, and in many of these ways with so little trouble and no expense, that it appears unnecessary to say much by way of directions. Any one having a *Steam Box*, (see page 94 and 95,) may very conveniently take the cold bath, at pleasure, in their own houses, without any expense or trouble, by sitting or standing therein and having a person to pour water into the sprinkler, beginning gradually and continuing about a quarter or half minute, and the patient standing directly under the sprinkler to receive the benefit of the shower. A rough dry towel should then be used briskly all over, until the surface re-

gain a glow of warmth, when the patient should put on his clothes again and go forth.

The Shower Bath, may be administered by sitting undressed upon a chair or stool which might be placed in a large tub or trough; and if the patient have long hair, let it be spread over the shoulders, as loosely as possible, and having an assistant, supplied with an ordinary sprinkling pot of water, who must commence sprinkling gently over the head and shoulders, and so on all the way down over his body to the feet. For want of a common watering pot, we may often supply its place with an old leaky coffee pot or any other such vessel, by taking an awl or small punch, and making the bottom thereof full of small holes, and holding it over the patient, and pouring the water into it from another vessel, so as to sprinkle the patient all over, as above directed.

Sponge Bathing, may if desired be performed without an assistant, as often as desired. Take a large sponge and a basin of cold water; fill the sponge about half full, and first wetting the face and hands, continue all the way down over the shoulders, back, breast, chest, and loins to the feet; then apply a dry rough towel all over, briskly, till the surface be dry,—when the clothes should be put on immediately.

In a Tub or Trough, large enough for the patient to sit all over in, and filled nearly full of water, the patient may bathe by immersion, simply, by jumping in and setting down, and rising up again and springing out. The towel must also be applied here as in the above methods. This cold wather bathing may be performed in a pool, creek or river, accordingly as the patient may have access to the like. But when bathing in natural streams, pools or lakes, the patient should guard against rocks, sands, mud or weeds in the bottom, in which he might become entangled or stick fast. And in all cases where sickly, persons wish to take the cold bath by immersion in any of these ways, it is best to be accompanied by a friend, as cramps some-times come on very suddenly and might be attended with danger, if no assistance be nigh.

There are also various kinds of baths erected for public accommodation, but they are all, more expensive than those just mentioned.

USES OF THE COLD WATER BATH.

The *cold bath*, by its sudden shock, is peculiarly fitted to invigorate the system, and to reanimate its circulations and secretions. Hence its acknowledged reputation in all cases of weak and relaxed habits, particularly those of the studious and sedentary.

It ought, however, to be remembered, that, like every other remedy, it belongs but to one set of diseases. In affections of the viscera, obstructions and inflammations, it is hurtful. If after leaving the bath the patient do not feel a kindly glow on the surface, he has good cause to fear that the angel of health was not there before him "*to move the waters.*" On going into the plunging bath, as it is called, it were better to dash it at once head foremost. The shock in this way is more instantaneous, and the distributions of the blood more salutary than when it is driven, as by wetting the feet first, from the extremities to the head. It is on this principle that the *shower bath* possesses advantages superior to the *plunging*. Immediately when coming out of the bath the body should be rubbed dry with flannel or coarse cloths, and moderate exercise taken.

Besides the advantages of frequent cold bathing, its partial use is no less salutary in all cases of local action. In periodical headach, and, indeed, in most complaints of the head, the affusion of cold water, though simple, is a very effectual remedy.

If persons subject to the quinsy and sore throat, instead of muffling their necks, would bathe them two or three times a day in cold water, they would find their account in it.—When the healthy resort to the cold bath, on account of its purifying and pleasant effects, they may continue in it for some time: but to strengthen and give elasticity to the solids, every thing depends upon the sudden shock.—The time of day for bathing is a matter of indifference, provided it be not immediately after a full

meal, or when the body be warm and in a state of free perspiration.

The *warm* bath, about the temperature of the blood, has nearly all the advantages of the cold bath, without being liable to so many objections. Some, indeed, tell us that it weakens the body; but so far from doing so, it may justly be considered as one of the most powerful and universal restoratives with which we are acquainted. Instead of heating, it cools the body, diminishes the pulse, and takes off its unnatural quickness, according to the length of time the bath is continued. Hence tepid baths are of great service when the body has been overheated, from whatever cause, whether by severe bodily or mental exercise. In all these cases, its happily composing and recuperative virtues seem to be owing to its tendency to promote perspiration, and to relax spasms.

Warm bathing can hardly be sufficiently commended, for its sovereign effects in promoting cleanliness, and, consequently, for curing all diseases of obstructed perspiration from foul skin.

It is much to be lamented that so many poor children should become the victims of their parent's laziness, and neglect of the most sweet and healthful virtue, *cleanliness*. For, would they devote a little of their mis-spent time and money to the more decent clothing and frequent washing of their children, there could be no doubt that the little *innocents* would enjoy ten thousand times more comfort than they can possibly have, while covered with filth, and tortured with scald heads, blotches, itch, and vermin.—In fine, having seen the fatal termination of so many diseases, in my opinion, easily curable by the bath, I cannot dismiss this important subject without earnestly recommending it to every gentleman to provide for his family, the convenience of bathing, as not only one of the greatest luxuries, but, the best preservative of health.

To persons who have gone through a number of courses of medicine in warm weather, and find the outward heat of the body run too high, a cold bath, administered in the morning, followed with dry rubbing, will be very bracing and salutary. This may be done with the sponge or shower bath, immediately after rising out of bed, as has

been described. It will let down the excess of outward heat, and brace up the body and limbs.

Cold bathing is recommended as being peculiarly beneficial to the inhabitants of populous cities, who indulge in idleness, and lead sedentary lives. In persons of this description the action of the solids is always too weak, which induces a languid circulation. The cold bath, by its gravity and its tonic power, is calculated either to obviate or to remove these symptoms. It accelerates the motion of the blood, promotes the different secretions, and gives permanent vigor to the solids. Doctor Buchan says that salt water ought to be preferred on account of its superior gravity, and for its greater power of stimulating the skin, which promotes perspiration, and prevents the patient from catching cold. Any of the Thomsonian stimulating lotions or liniments, or even the fine, dry cayenne pepper rubbed over the wet surface of the body immediately after coming out of the bath, will effectually prevent all danger of cold.

To young people and children, the cold bath is of much importance. Their lax fibers render its tonic powers peculiarly proper. It promotes their growth, increases their strength, and sometimes may prevent disease. Where infants and children in general, be early accustomed to the cold or tepid bathing, it would seldom disagree with them, and we should find fewer instances of scrofula, rickets and other diseases which kill so many, and render others miserable for life.

The most proper time in the day for cold bathing is in the morning, or fore part of the day

Sea Bathing, when the water is between 60 and 80 degrees of heat, is in many cases beneficial, when a colder temperature would be decidedly injurious.

Artificial Sea Water, may be made by dissolving 8 pounds of salt in a barrel of fresh, soft water; or any other quantities in the same proportion.

Precautions in Cold Bathing.

Never venture in the cold water, when the body be

much heated; except in cases where the vapor bath has been administered, and the *inward heat* sufficiently raised by our warming medicine; then a plunge, or shower bath is good, and will prevent taking cold, by closing the pores a *very little*, at the surface, to prevent cold from entering too fast, and at the same time, not so much as to prevent a gentle perspiration.

Doctor Benjamin Franklin relates an instance, of four young men, who having worked at harvesting in the heat of the day, became very warm, and then, with a view of refreshing themselves, plunged into a spring of cold water. Two of them died upon the spot, the third one, next morning, and the fourth recovered with great difficulty. If their inward heat had been raised by stimulating draughts of composition, No. 2, or No. 6, till it were greater than the outward heat, then a plunge could have had no such effects; provided they had wiped dry, and dressed immediately.

The cold bath should never be long continued at one time, for when too long continued, it occasions too great a flow of blood toward the head, and might cramp the muscles, and wholly defeat the object of bathing. Expert swimmers often hurt themselves, and sometimes loose their lives for want of attention to these cautions.

In all cases of dysentery, or any weakness of the bowels, breast or lungs, the cold water bath is improper, and should not at all be indulged in, not even after steaming; for after steaming, persons of great inward weakness had better, apply to or use a gentle shower or sponge bath, and the Whisky Lotion, or other stimulant. Likewise, if any person find that the cold bath occasion pain in the breast or bowels, a prostration of strength, loss of appetite, or headaches, it ought to be left off; for in general these are indications of an unsound state of health: then the warm vapor bath, emetics, injections, No. 3 and 4, are wanted, to drive away threatening disease, and restore the patient to perfect health.

Nervous persons often have weak bowels, and not very good digestion; these had better begin with the vapor bath, which is not only perfectly safe but beneficial, if the directions, laid down in this book, be duly followed.

Some people imagine that the simple element, water

can do no harm, and that they may plunge into it, at any time, with impunity. But apoplexies have been brought on, for want of a moderate and judicious use of the cold bath; fevers have been excited by staying too long in it; and other maladies have been so aggravated by indiscretion, that they could never be wholly eradicated.

EMETICS OR VOMITS.

In the fore part of this book, from page 8 to 13, and at page 86 and 87, the reader will find sufficient directions, respecting the uses of the Thomsonian emetics, and the modes of administering them.—Still, the utility and importance of this method of preventing and throwing off disease, is so great, that I cannot pass it by, without some further explanations and remarks; and more especially on account that there are so many, who do not believe in a revocation of that which has descended into the stomach. They seem to think it a reversal of the laws of nature. But if that were the case, why is the stomach supplied with such wonderful powers, of sending thence, back again, any unpalatable and nauseous substance, which may have been taken therein? No, truly, the powers of the stomach and other organs, in this particular, though wonderful, are no less just and proper. By the natural sensation and sympathy of those organs, vomiting is, many a time excited, and deleterious substances ejected, which might have proved fatal, had not our inward sensations, like true life guards, discovered, and repelled the enemy, that had been lurking there.

Doctor Thompson likens our different senses to so many Sentinels around a Camp, stationed to keep guard, for the safety of the Army. And when any thing approaches which the watchful *eye* or the listening *ear*, be dissatisfied with, they are rejected and repelled. If however something should, in disguise or by any means pass the eye, and not offend the ear, then the *nose* as a prominent and remarkably acute sentinel, placed exactly over the mouth, to guard it, that nothing improper shall enter there, will at once forbid it. So if the *hand* in obedience to the wishes of the eye, has brought any thing to the mouth, and the

nose discover by smell, that it is improper, it tells the commander in chief, the brain, who then bids the hand to cast it a way, which is immediately obeyed. But if the nose cannot determine, then the substance, which is seeking admittance, is brought within the lips, and tried by the tongue, with tasting; and if even this active little sentinel be at a loss to determine, it will introduce the stranger to its assistant, the palate, and if the palate find it to be disagreeable or something unknown, then it and the tongue unite, with a strong respiration, by oiking or hoiking it out again. If the eye, ear, nose, lips, tongue and palate, or in other words, the seeing, hearing, feeling, and tasting senses or sentinels, should unhappily, as is sometimes the case, be all deceived, and an enemy be introduced in the stomach, or cramp, it there undergoes a very particular examination, and discussion; the common biliary duct, like a true physician is called upon, with his bile or gastric juice, and chemical apparatus to try it, when its dangerous properties will be soon discovered; then the stomach, which is the great crucible or fire place in which this chemical test is put in operation,—or, like a faithful general who had been imposed upon by the sentinels and guards, immediately summonses the whole host of the army that be within the camp, to sieze upon the sly enemy, and hurl him forth, head-long, regardless of the opinion of all the guards and sentinels.

Now we may see from this similitude, that were it not for these sentinels, guards, generals and aids, the whole body politic, might be speedily destroyed by the introduction of a subtile enemy, who might, were it not for these faithful life guards, introduce its poisoned fangs into the vitals, to the serious injury, or distruction of human life. Hence we may clearly see that vomiting is, not only, *not* unnatural, but is in fact, a proper and natural effort of the organs to throw off offending matter in the quickest possible way. For want of these guards and sensations, there would undoubtedly, often be injurious substances taken into the stomach, which in their passage through the allimentary canal, in a liquified state, would be taken up by the absorbents, and utterly ruin the constitution.

Again, seeing that *poisons* taken into the stomach, often produce vomiting, some at once conclude, that all

emetics must necessarily be poison. But that is not the case; though poison has been, and is still given by many members of the mineral faculty to cause vomiting. The Thomsonian emetic acts upon principles diametrically opposite from any thing poisonous, being itself one of the most active and powerful antidotes against poison, known in the world. The principle article in forming our emetic is No. 1, and from the description given of it, at page 7, to 13, and the recommendations given it, at page 86 and 87, any one might be induced to try it, when any thing occurs which might require a medicine possessing the power and virtues ascribed to it; and ascertain whether or no, it will perform as there recommended. When in one instance they find it to fail in performing its work, after scrupulously following the directions, then will be the time to cry it down; then will be the time to doubt its friendly power; then will be the time to say unto its advocates, "here is a practical contradiction, of your vain assertions."

Sceptics to the Thomsonian system, may remember that we do boldly assert, that there is no medicine known in the world, equal to the No. 1, in emetics, and sometimes in injections, &c., for preventing sickness as well as curing it. By taking a few good doses, when first attacked with any complaint, it will throw it off, and may prevent long sickness. A thorough emetic will not only throw off from the stomach, all offending matter, and that which nature does not require to support the system, but it will extend its effects to the very extremities of the body. It is searching, enlivening, quickening, and is powerful in removing obstructions; but it soon exhausts itself, and must be followed up, in every instance with other medicine, to continue the vital heat which it raises, till the patient, recover so far as to support the heat of the body, by digesting food. To effect this important purpose, No. 2 should always be given as the best and only medicine, to hold the heat in the stomach, and not evaporate; then by giving No. 3 to remove the canker, and following up with No. 4, to correct the bile and restore the digestion and strengthen the system, and No. 5 restore the healthy action of the bowels, there will be very little trouble in effecting a cure.

Some persons seem to manifest a fear of using a medicine so quick and so powerful in its operations, as the No. 1; but Doctor Thomson himself, after a steady practice of many years, assures the public, that there is not the least danger in using it. He says he has given it to children of one day old, and to persons of eighty years, and has uniformly found it powerful in removing disease; but perfectly innocent in its effects upon the system.

Its operation on different persons, he states, is according to their different tempers, moving with the natural current of the animal spirits. This, I myself have found to be the case, some individuals, almost invariably requiring from two to four times the quantity to operate in them, that others do.

The quantity to be given at a dose, Doctor Thomson informs us, is of less consequence than is generally imagined; that the most important part, is to *give it*,—and to give it in sufficient quantities to produce the desired effect. For if too little be given, it will worry the patient and do but little good; and if too much be given, the surplus will be thrown off, and be wasted. The directions respecting the quantity, &c., to be given, is an average dose; the practitioner must still exercise his own judgment, and regulate it according to the case. My plan has uniformly been, to begin with rather a small dose, not only of the No. 1, but every other medicine; for then it is easier taken, and can afterwards be increased with less dislike to the patient, until it have sufficient power to answer my purpose. This is in full accordance with the good old Doctor's rules.

In all cases where the stomach be in a very morbid, cold state, the operation of No. 1, will be rather slow and uncertain; and I have known some cases, and heard of others, in which it did not produce an action in the stomach, but worked its way downward, and did much good in that way. In such cases, an emetic given the following day, seldom ever fails in producing a lively action of the stomach. In all such cases No. 2, or No. 2 and 3, should be given, which will assist it in doing its work.

DIRECTIONS.—When about to take an emetic, of the best kind, and in the best possible manner for a safe, easy

and sure operation, the patient should proceed as follows, namely ;—

Take a tablespoon full of composition, scald in a pint or more of boiling water, and take several drinks thereof, ten or fifteen minutes apart. Then be provided with a bowl of porridge or gruel, or any other dietetic regimen that may be preferred, and eat a small portion thereof. Be provided also, with the prepared Thomsonian emetic, and take, in small doses, five or ten minutes apart, and for every small dose of the emetic thus taken, take also a few spoonfuls of the porridge, gruel or composition; or these alternately, as may be preferred. While the patient be waiting for the medicine to operate, he might mix a little of the composition tea, a little of the prepared emetic, (if it be plenty,) a teaspoon half full of Nerve Powder or drops, and a pint of warm water, and take by way of injection in the rectum; and it will warm the bowels, and greatly aid the emetic and prevent pain. If however there be any pain in the bowels, one teaspoon full of No. 6 should be added to the clyster; and if there be pain in the stomach, a teaspoon full of No. 6 must be added to the emetic or to some of the drinks, and repeated, so long as any pain be there.

If the medicine should sicken, but not vomit, the patient should know that there may be two causes for it. One is the stomach may be too sour or acid, as is often the case in children and others who eat much fruit and other sour things; in this case, dissolve as much pearlash, or saleratus, as will lie upon a five cent piece, in half a tea cup of warm water, and drink, and it will start an action. The other, is coldness which keeps the stomach in an unactive state; and to remedy it, we only have to drink more of the composition, or take one or two doses of No. 2. The practitioner may easily ascertain which of these causes be present, to occasion the difficulty, by inquiry, and examining into the state of the body, and cause of the disease of his patient

When the patient vomits freely, so as to quite empty the stomach, it is called an "*action*." When taking emetics it is mostly necessary to give the stomach at least two or three brisk actions, and in some cases more. This is done by repeating the above directions, in succes-

sion, when the stomach settles a few minutes. And when through, take a dose of composition or No. 2 and 3, which repeat night and morning, and No. 4 through the day, till health be restored.

When the prepared emetics cannot be had, make a tea of No. 3, and if No. 3 cannot be had, take Crosswort, No. 4, or even warm water, and add thereto a dose of any of the preparations of No. 1; except the *Sour Tincture*, which should not be used for emetics, unless where the patient be so easily vomited, that none of the other preparations will lie long enough in the stomach to do the required service; in *which case*, the sour tincture of No. 1, may be given as an emetic. Repeat the dose as above directed till it operate freely. Take porridge, gruel or the like, with some of the No. 1, for a succeeding action; and the injections, as often as desired.

If the head be feverish or full, as if there were a termination of fluids thereto, bathe the feet, and rub them well with vinegar lotion, liniment or No. 6; as directed at page 103, 104 and 105, and take several injections, and bathe the head with vinegar lotion, or cold water with something stimulating therein. At the same time, take plenty of No. 2, or composition, till those symptoms abate; then give the emetic, and it will have a happy effect.

Always remember when about to take an emetic, that if the bowels be costive, the patient should remove that difficulty before taking the emetic, and the operation of the medicine will be much more free and easy: and indeed in all cases where taking emetics, injections, given immediately before and after, will do much good.

CLYSTERS OR INJECTIONS.

Simple clysters or injections never do harm.—They are as innocent as the same substance would be, if taken in mouth, and presently spit out again; nor is their use confined to medicines, alone. Alliment may be conveyed into the intestines, in fluids, in this way. Sick persons who were unable to swallow, have been for a considerable time, supported by clysters. They are therefore of more importance than is generally imagined. They serve

not only to evacuate the belly, in the most speedy and innocent way possible, but also to convey very active and wholesome medicines, into the body, and often to that part where the disease be seated. *Nerve Powder*, or drops, No. 6, No. 2 and 3, *Golden Seal*, &c., may in a liquid state, be thrown into the bowels, in cases of cramp, cholics and the like, and will do double the good, in half the time, that they would, in some cases, by only taking them in the stomach.

Emolient Clysters, may be taken of slippery elm tea, flaxseed tea, red raspberry leaves, or new milk, or any of these together; comfrey root, spikenard root, or smooth shumack root bark or Raspberry leaves, made into a tea.

Laxative Clysters, may be taken, by adding to any of the above, a little bitterroot, butternut, or butternut syrup, laxative No. 4, or Crosswort; or a tea of any of these, warm.

Carminitive Clysters, may be taken of almost any hot or bitter herbs, No. 3, or No. 4, composition or the like.

Antiseptic Clysters, may be taken of No. 3 and No. 6. Where these cannot be had, mix a little vinegar in half a pint of thin gruel, and use.

Antidyspeptic Clysters, may be taken of No. 4, or any hot and bitter herbs. In diseases of the liver spleen, worms, and such like complaints, these are good.

The Common Injection, for general use, is a peculiar one prepared by Doctor Thomson and his agents, such as is described at page 36. No. 3 may be made into a tea and used as a substitute. But in all cases where injections seem to be needful, let none defer the use of them for want of the proper article; for warm water alone, will often do much good. A teaspoon full of salt may be added to warm water and taken in this way. But in all cases it is much better to be supplied with a stock proper medicines of the best quality, and then use that which is the best adapted to whatever form of disease may exist.

A half a pint or more of No. 3 tea, strained, with half a teaspoonfull of No. 1, a quarter or a half of a teaspoon full of No. 2, and half a teaspoon full of Nervine, forms a very valuable clyster, and may be used in all common cases. But when this clyster be given to remove costiveness, the No. 1 may be left out. When taken to aid a vomit, it may be added to the clyster.

A COURSE OF MEDICINE.

When about to administer a full course of medicine, every thing necessary for the purpose must be got in readiness, before beginning, so that there may be no delay occasioned by having to stop, and hunt up or prepare that which the patient would suffer for want of, during the delay.

A thorough Thomsonian course of medicine, is very different from what is meant by a course, under the calomel treatment, which requires, often several days, and I believe in some instances several weeks; and then, in not a few instances, have the patient coursed to death, or salivated, a sore mouth and gums, loose teeth, and rotten or aching bones, and often, the stings of dreadful diseases left behind; such as dyspepsia, consumption, rheumatic, sciatic, dropsy, glandular swellings, ulcers and other mercurial sores, which they are never able to get rid of, till death comes and closes the scene. And these dreadful effects are not all of the consequences which follow a *course of mercurial treatment*, for in many instances, the effects thereof, are entailed upon the progeny of those deluded parents, who have become a prey to such a monstrous, bone rotting, tooth destroying, pain engendering, bile vitiating, skin blistering, blood and life destroying system. On the contrary a full Thomsonian course requires, generally, but from one to four hours;—the old calomel system bears no comparison with it,—no resemblance. The superiority of the Thomsonian courses over the mineral practice has been amply tested, and found to be preserving to the teeth and gums, purifying the bile, strengthening to the liver, intestines, and nervous system, breast and lungs; cleansing and healthful to the skin,

as well as purifying to the blood; removing costiveness, and dyspepsy; rooting out the foundations of disease and death;—restoring health and increasing life and vigor to all suffering and drooping patients, who have wisdom and independence enough to try it.

A thorough course of medicine will if properly administered, always throw off a disease in its first attacks, and often prevent long sickness and distress, as well as much expense and hinderance, as often occurs. When a person has been exposed to cold,—in storms, night air, compelled to work in damp and unwholesome places, and be threatened with disease, it may be prevented by a course of our medicine and steaming. The most violent attacks of disease, no matter by what name, may be cured by repeating the courses; also chronic cases of the most obstinate forms have been made yield by persevering with the regular Thomsonian courses, and tonics.

DIRECTIONS.—For a full Course, the patient must be steamed, and then have the cold, or stimulating bath; be puked, and have injections, and a plenty of dietetic drinks and food; therefore, as above directed, the requisites for these, as directed under the proper heads, must be in readiness, before begining to put a person through a Course; and then it will be very little trouble.

1st. When every thing be ready, then *steam* the patient, as directed at page 98 to 101, taking care in the first place as there directed, to raise well, the inward heat of the patient, with a plenty of No. 2 and 3, or composition, and a little No. 6, nervine, &c..

2nd. When the patient be sufficiently steamed according to the directions, and rubbed down, put on his shirt, &c., and put him in bed, and one or two of the warm stones out of the water, which had been used in steaming, to his feet. Then give an emetic; and before the emetic operates, it is very good to give an injection, especially if the bowels be any way costive. After the emetic operates, it may be repeated, once or twice, or until the stomach feel entirely relieved. When the vomiting be all over, take another injection, of the best common kind, say the prepared clyster, or No. 3. During all of the

time, let the patient eat as much gruel, porridge or panado, as desired, whenever he can take it; not considering it a waste to spue out one or two quarts; for the great advantage in the recovery of the patient, will amply compensate all the waste. Give the patient cold water to drink as often as desired, during the whole operation.

3rd. If the patient be weak, and faintness be apprehended during any part of the operation, give the Bitter Nerve Drops, or Nerve Powder, in repeated small doses, along with any of the medicines or drinks, and keep him over the steam a shorter time; beginning very moderately, and raising it gradually, and there will be no danger.

4th. If the patient have much pain in the stomach, bowels, or other part, or mortification be apprehended, give No. 3 and 6 as a drink, and in clysters, and also as a bathing lotion after the vinegar lotion, on the part, externally; and these must be repeated until those symptoms be entirely removed.

5th. If the mouth be very dry, give No. 2, in repeated doses, and it will prick the glands and cause the saliva to flow freely, and will moisten the mouth. In this case No. 3 must be omitted until the dry state of the mouth be changed. After the mouth become moist, No. 3 may be taken, with plenty of No. 2 in it.—Still, if the No. 3, be needed at the first, it may be taken with safety, *made weak*, with half a teaspoon full No. 2, and the same quantity of Bitter Root, added to each drink.

6th. If the vomiting be too slow and tedious the patient may be rubbed all over well, with a dry flannel, soft brush, or the bare hand, and it will accelerate the vomiting. If the patient be not in bed, he may walk about in the room, and that will set the medicine into action.

If the stomach be too cold, take a few doses of No. 2, or composition; and if it be too sour, take as much pearl ash dissolved in a teacup full of warm water, as will lie on a five cent piece, and the difficulty will be quickly removed.

If however, these should not produce vomiting, in from 15 to 30 minutes afterward, then apply the steam again,

and it will warm the patient and will seldom fail in setting the medicine into action ; yet if even this should not cause vomiting, the consequence will not be dangerous.

7th. If the vomiting continue too long or excessive, give the patient plenty of composition, peppermint, or spearmint tea, or a little pepper sauce, or vinegar lotion ; and it will stop it, and sit pleasantly on the stomach ; unless the patient from one cause or other, be greatly disposed to vomiting, which seldom ever happens after having the stomach well cleansed by two or three lively actions with the No. 1, and then, a few doses of composition, mint or the like. But if from any cause, vomiting should continue an hour or two after taking some composition, mint tea, pepper sauce or vinegar lotion, then take two or three spoon fulls of flour and mix it in vinegar lotion or pepper sauce, and sprinkle it over with fine mustard seed and apply it, like a plaster, to the pit of the stomach, as directed, at page 75 ; and continue to take small doses of some of the anti-emetics, as above directed. There is probably, not a case in a thousand where all of these will be necessary.

8th. To complete a full and thorough course of medicine, and the patient be able to bear it, especially in obstinate and chronic cases, as sometimes in dropsies, white-swellings, rheumatisms, or in hydrophobia, whooping and other very violent coughs, and such like complaints, the patient should be steamed, both *before and after* vomiting, and the body well stimulated inwardly with No. 2, 3 and 4, and outwardly with the vinegar lotion, whiskey lotion, or stimulating liniment, or even all of them, as occasion may require. A thorough course of medicine given and often repeated in this way, and No. 3 at nights and mornings, and No. 4 frequently through the day, between the courses, will cure almost any disease in the world ; provided there be life enough in the patient to build on ; or in other words, if there be life enough to sustain nature and give the medicine its proper action. But in all cases where the patient be very weak, we must begin with very small doses and increase the quantity as the system gains warmth, and strength ; like when the element of fire be nearly out, we begin to recruit it with very light fuel first ;

and as it gains heat and strength, we may put on larger billets, until heavy logs would not put it out.

9th. The action of the emetic is very much facilitated by taking with it, plenty of No. 3, or composition; or No. 3 and composition together. No. 3 with a little No. 2, will completely loosen the morbid matter that may adhere to the inner coat of the stomach, and intestines. Then this cankerous matter when loosened by No. 3, is easily ejected from the stomach by No. 1, or carried downward by the operation of an enema or clyster. Since this vitiated lymph or canker is always discoverable in the stomach and intestines, in some degree, and No. 3 being its antidote, there is no form of disease in which that article should be neglected or abandoned.

10th. Keep it always in mind to let the patient have fresh air while steaming; and also have in the apartment, a quick fire of light wood or shavings, to purify the surrounding air, by rarifying it and carrying off that which be foul, as it will always become more or less so, when steaming the sick.

11th. Steaming is not always essential in hot weather, except when the patient be going through a full course of the medicine, as above directed.

12th. Care should be taken in the selection of stones, when the steam be generated by immersing red hot stones in a vessel of water. Get those of a coarse, open grain, if possible. Never use limestone, nor those containing coal or sulphur; for they give out less steam, and cause the patient to sicken, and become faint.

13th. In all cases when steaming, it is very good to have some mild No. 4 bitters either to take with the emetic, with the Nerve Powder or drops, otherwise to use the bitter Nerve Drops, in small doses; these things greatly strengthen the patient: The effects are felt instantly, and are of lasting benefit. A little No. 2 should be added to the bitters, and almost every thing else taken while going through a course; and also to the food which may be taken at the time and at several meals afterwards, Eating a little porridge, gruel or the like, often, with pepper

on it, will keep up the heat and strengthen the patient, until he become convalescent. If the patient be costive or have a fever, give him the laxative No. 4; but if he be laxative, the common No. 4, or No. 5 may be used; in which case the emetics might be given in a tea of No. 3.

14th. If on account of the morbid and delicate state of the stomach, the patient should puke and throw up the medicine given as an emetic, too soon, it must be repeated, and might be taken in very small portions, and a little porridge or light food eaten immediately after each portion of the emetic; and in this way cheat the stomach, until a sufficiency remain therein, as desired, to do its perfect work.

15th. When administering a course of medicine in violent cases, and where immediate relief be greatly desired, the No. 1, 2, 3 and 6, may all be given together, or the 3rd preparation of No. 1, in No. 3 tea, made strong: or, the emetic may be made of No. 1, and the No. 3 and 6 compound, mentioned at page 56.

16th. Persons who have been long under mercurial treatment, are liable to swell in the face, when going through a Thomsonian course of steaming, in consequence of the poison vapor rising and being condensed by the air, the face being open to it. To relieve this, put the patient in bed, and take a hot stone wrapped in several thicknesses of cloths wet with water, and pour on also a little vinegar, so as to make a lively steam: put it in the bed, before him, and cover his head all over with the clothes, and let him breathe the steam as hot as can be borne, until the sweat covers the swelled part. This will throw off the poison and reduce the swelling. When this be done, bathe his face in a strong tea of witch hazel bark or leaves, mixed with one third of its bulk of the 3rd preparation of No. 1. Give at the same time, or before steaming the face, No. 2 and 3 to drink, or No. 2 and the tea of the witch hazel. If the face should swell again, then pursue the same course.

17th. The No. 1 used in emetics is a powerful medi-

cine as we may see by reading the descriptions of it at page 7 to 13, and page 86 and 87 of this book. Many have become alarmed at its wonderful effects, and have expressed fears respecting it; but Doctor Thomson assures the public that there is not the least danger in using it. It clears out obstructions to the extremities without regard to names of disease, until it produce an equilibrium throughout the system, and will be felt in the fingers and toes, producing a prickling feeling, like that caused by a knock on the elbow. This symptom, though alarming to some who are unacquainted with the operation of the medicine, is always favorable, being a certain indication of the turn of the disorder, and patients generally grow better from that moment.

18th. The quantity of No. 1 to be given, must be regulated according to the judgment of the practitioner, after reading the directions for that article at page 7 to 13, and at page 93.

The above is what Thomsonians call a *full or regular* COURSE OF MEDICINE. It is for one day, only, and generally occupies from two to six hours, according to circumstances. A person may be put through a course of this kind every other day, or even daily, for a week, or month if required, and improve daily, in health, strength and weight. Doctor William Johnson sayeth that he hath given *two* such courses in a day, for *five days in succession*. Another Thomsonian physician informs us that he administered four such courses to a patient, laboring under a dreadful attack of disease, in twenty four hours, to a manifest advantage. In most complaints one course in a day, or every other day, will be sufficient, if well followed up with No. 2, 3, and 4. When the patient be convalescent he may take the tonics and other restoratives, as directed in the Long Course.

ALARM.

There is an effect sometimes produced in some patients who have been in a decline, or have labored under a disease a long time, or have taken much of the calomel doctors' poisonous drugs, which is somewhat alarming to

persons unacquainted with the like. And the lower the patient was when commencing this practice, the more alarming those symptoms will be. In patients who have been laboring under a disease of long standing, these symptoms will not often take place, before they have been put through from three to eight courses of the medicine; but in patients who have taken much opium, for instance, similar effects may take place when going through the first or second course of our medicine. The opium which having lain dormant, is roused into action by the enlivening properties of this medicine, and the patient may be brought into a senseless state, and will exhibit similar symptoms to those produced by opium when first given.

Doctor Thomson informs us that he has seen some while the alarm was on them, lie and sob for two hours, like a child that had been punished, and during that time, scarcely able to speak or raise their hands to their heads; and the next day be up, go about, and soon be well. Others he has seen thrown into a senseless state; the whole system in confusion, tumbling in every direction, and requiring two or three to hold one in bed. Some would grow cold as though dying, and remain in that situation, from two to eight hours; then awake, like one from sleep, after a good nights rest, and be entirely calm and sensible, as though nothing had happened. They seldom ever have more than one of these alarms, because it is the last struggle of the disease, and from that hour, with proper care and management, the patients nearly always begin to recover. Doctor Thomson "says there is no danger to be apprehended," from these fits, although they "indicate a crisis." And as a sense of death, is generally a symptom of life, so here we find the vitality of the organs becoming aroused, and making a mighty effort to throw off the cold, poison, disease and death,—the energies of the system having hitherto been so much oppressed, borne down and deadened with disease, that the patient was in a measure insensible of his near approach unto death. So if the disease which has been creeping in, unsensibly, for months or years, be not arrested and brought to a favorable crisis, the patient must and will continue to sink, until death closes the scene. Then why should any one be alarmed at the operation of No.

It seeing its friendly power is exerted in our favor; that it is only at war with disease and death; that it at once raises the natural heat and life, and consequently restores our sensibility, giving us a knowledge of our true situation, and enlivening our whole bodies, that every effort thereof becomes exerted to repel the enemy.

The Editor of the Thomsonian Recorder explains the alarm fits, thus:—"The stomach being composed of muscular coats, which, when cold, are much contracted. An effort to expand them suddenly, by the use of strong medicines in very little fluid, is powerfully resisted. The body is a slow conductor of heat; therefore the outer parts (like those of a thick glass bottle) resist for some time the expensive efforts of the inner; each alternately gives way, (and like the bottle, would break, were not the body elastic,) producing the spasmodic action, commonly called the '*alarming symptoms*.'" "The alarm is a degree of relaxation beyond the power of the system, *for the time*, to regain its accustomed condition. The violent efforts when any are *** made, are * efforts of the system to recover its tone."

Doctor Fonderdon states that he has administered the No. 1, in some cases, to the amount of six large teaspoons full of the first preparation; and has himself taken, during an attack of billious fever so called, five teaspoons full of brown No. 1, being the most active and strongest, of the first preparations, and with the most undubitable benefit. He says that the supervention of what have been termed "*alarming symptoms*," "so far from producing alarm, should be considered as affording the most triumphant proof of its beneficial effects. Operating as a diffusive stimulant, it is opposed to the inorganic contractility resulting from the reduction of the vital heat, and by increasing this principle of life, it exerts an expansive influence on the muscular fiber, thereby producing a tingling sensation, throughout the whole system."

In 1836, I cured a lady of a dreadful attack of disease, who become somewhat similarly affected, all over, to the very extremities. This sensation alarmed my patient and the family very much, and although despair began to set upon all countenances, and the patient shrieking with agony and terror, yet, whenever I observed these symp-

toms making their appearance, hope, that comforting angel, if I may so call it, so filled my breast, as to draw a smile. I then explained the matter, and calmed all anxiety, and in two hours my patient had complete ease, and the next day was up and going about; and I have been told by some of her children lately, that she has never had any subsequent attack of the complaint.

Is there danger of death, while under the alarming symptoms? is a question often asked by the timid and those unacquainted with the operation of our medicines. Doctor A. Curtis Professor of Botanic Medical Science, and Principal of the Medical College, in Columbus, Ohio, sayeth, "The violent efforts, when any are made, are ineffectual efforts of the system to recover its tone. It is possible, therefore, that the lamp of life may go out while the body is in this state of relaxation, though we think this will seldom if ever happen, when the patient is in a curable state. On the other hand, the spasmodic efforts may be so violent as to fatigue and completely overcome the system, and then the patient is as liable to die as he is in a fit, and from the same cause. Still we know that people *seldom* die in a fit. We have never seen one die in the alarming symptoms, and we think we should not be justified in attributing death to this cause, were we to see a patient die under such circumstances."

To prevent alarms.—When administering the courses to a person who has taken much of the calomel doctors' poisons, or be run down with long sickness, and the alarming symptoms be apprehended, they may generally be obviated by uniting a little Bitter Root and Nerve Powder, or a little laxative No. 4, with the No. 1, and have more warm water, or sudorific tea added, than usual; and in this way take smaller portions of the emetic, in larger and more frequent, antispasmodic and sudorific drinks. This method will allow the different muscular coats of the stomach to expand, gradually, and finally the whole system to become warmed, by thus raising the heat slowly, with warm fluids, until every thing gives way to the free and full operation of the medicine, avoiding altogether any spasmodic action. And when the whole system be-

gins to expand to the surface, and a free, warm perspiration comes on, without producing any considerable distress; then the No. 2 or composition may also be increased in power and frequency, with a gradual increase of the portions of the No. 1, (like a glass bottle, when heated gradually with warm fluids, may be filled with boiling water without injury.)

The alarm may also be prevented by giving the emetic in sweet milk; the milk having neutralizing and glutinous properties, prevents the No. 1 from giving out *its* properties any faster than the milk be digested, leaving the system time to expand through sympathy.

My general practice is to give a little milk porridge, boiled milk, thickened in the common way or something of that kind, and the No. 1 in small or broken doses, alternately; and when given in this way I have never seen any of those tingling sensations. It is also, as I have found by experience, an excellent method of cheating or wheedling the stomach, to take a full emetic, when it be too easily induced to vomit, or cast up as soon as down, as is sometimes the case with persons of very sensitive or weak stomachs. Others use the pure sweet milk, no doubt to good advantage, both to prevent and remove the alarm,—given either before, with or after the emetic, as occasion may requier.

In common cases these alarms are of very rare occurrence; and indeed in any case, if it be properly managed, and the heat raised gradually, with large quantities of fluid, adding No. 2 to the latter drinks, and giving the No. 1 in broken doses, without No. 2, we would seldom ever have any alarming symptoms.

The alarms when on, are to be relieved with the same remedies, and much in the same manner as they are prevented. Enough has been said upon the subject, as a word to the wise, is sufficient.

LONG COURSE.

This *Long Course* of Medicine is similar to one proposed by Doctor Logan, of Summerville Farm, near Phila-

delphia, which has been found to be very convenient and advantageous, especially to laboring people and others, who are ailing; but still able to be about, and attend to business, as it may be administered without any detention from their daily employment. It is an excellent cure for persons who have been long affected with disease and are going through the *Regular Courses*, to follow up between the full courses, with these *Long Courses*.

DIRECTIONS.—The first day; take a dose of Laxative No. 4, and an injection, in the morning;—a teaspoon full of Golden Seal and half that quantity of No. 2 and Nerve Powder at noon;—at night composition, or No. 2 and 3 together.

Second day; take No. 4 powder, in a tea, or mixed in mollasses, as may be preferred; and if the bowels be any way not right, take an injection, in the morning;—At noon take a teaspoon full of Golden Seal, or a dose of No. 4, either laxative or not, as may be thought necessary;—At night composition or No. 3.

Third day; give the stomach three brisk actions with No. 1, and relieve the bowels with three clysters, and warm the stomach well with composition or Spiced No. 4, in the morning;—at noon take a dose of Golden Seal, or No. 4;—at night take a good dose of composition and bathe the feet, then take a dose of No. 3 and go to bed.

Fourth day; take No. 4 in the morning;—Golden Seal at noon;—No. 3 or composition at night.

Fifth day; give the stomach two or three actions with No. 1, in a tea of No. 4,—or the prepared emetic, then a dose or two of composition, and an injection;—at noon a dose of Golden Seal mixed with composition;—at night, soak the feet as before, then take No. 3, and go to bed.

Sixth day; take half a teaspoon full of Bitter Root in a dose of composition, and give the bowels a clyster;—at noon, a dose of the first preparation of No. 4;—at night a dose of composition.

Seventh day; take No. 4, in the morning;—No. 5 at noon;—No. 3 and 6, at night.

Eighth day, and forward, regulate thyself as circumstances may seem to dictate; and even from the commencement, this long course must be varied to suit the

case, whenever it may seem necessary:—for instance, a person having dyspepsy, green sickness, yellow, jaundice, eruptions in the skin, giddiness in the head, or any other lingering complaint, that may not prevent him from business, altogether, then this *long course*, will be of great service; and by being persevered in for a few weeks, will actually cure many complaints, that the calomel doctors' cannot even relieve. When the patient goes through a regular Thomsonian course, every two or three days, and follows up between them, with this long course, he may omit the emetics, mentioned in this long course; but if he go through the full courses more seldom, he should then take the emetics as often as above directed, and even oftener, if the stomach be in a morbid state.

If the patient have a cold, cough or any lingering complaint, and will not take the regular courses, he may take a number of *Short* and *Long* Courses or even one of them, may be administered, to a very great advantage, without any great hinderance from one's daily labor, and will many a time, by being resorted to betimes, prevent long sickness, and much expense and hinderance.

If the bowels be too laxative, the first or fifth preparation of No. 4, may be taken where the Bitterroot is recommended; but if they be costive use the Bitterroot or Butternut Syrup, and the Syringe, perseveringly. In this way the patient must have his treatment modified so as to suit the case, daily, and the gain to his health will amply repay all the attention that he can bestow upon the subject.

SHORT COURSE.

DIRECTIONS.—Take a dose of composition, and a common injection; then bathe the feet, as directed at page 103 and 104. When the feet be bathed by following the directions closely, the patient may put on a pair of clean stockings and go to bed; then take two or three doses of the prepared emetic, or in the stead thereof take two or three doses of the First Second or Third preparation of No. 1, which repeat until the stomach be well cleans-

ed. Then take another injection; and drink a plenty of composition, Spear Mint Pennyroyal or Sage tea. After the operation be all over and the stomach settled, the patient may take a few doses of the First, Second or Third preparation of No. 4; or these alternately if desired,—not omitting the porridge, gruel or panado, or the like, when ever the patient wishes to eat any, through the course.

These Short Courses may be repeated daily, every other day or every two or three days as may be found needful; taking care not to leave them off, till perfectly relieved of the complaint.

After going through one or more of these Short Courses, the patient might follow up with the Long Course, between whiles, to a great advantage.

Nine cases in ten, will cure, by this Short Course of medicine, if effectually administered and *repeated*, and followed up with the Long Course, in cases that may seem to require it. It will save the patient from a great deal of sickness and expense; and will save the doctor, also, a great deal of travelling, and visiting *again and again*, for the purpose of keeping him sick.

RUNNING DOWN.

This is a symptom, which sometimes occurs, with patients who have the consumption and some other forms of disease occasioning much bodily weakness and languor. When a patient who is far spent with consumption or the like, begins with the regular courses, they may seem to grow weaker and weaker, for a week or two, and then make a turn and improve rapidly, and get quite well. Some practitioners as well as patients and friends, have become alarmed, when they found a patient apparently *running down*, instead of *picking up*; and in some instances felt a disposition to leave off the full Courses, as being improper, and dangerous. But Doctor Thompson informs us that even if the patient do seemingly run down for a fortnight, it is *no* sign that the Courses are improper. A patient may seem to *run down*, for one, two or three weeks, and then have an *Alarm Fit*, and from

that hour, make a turn for the better and improve rapidly in health, strength and weight, daily. Some practitioners have attended patients who were far spent, and administered to them one full Course every eight, ten or twelve days, when they are almost sure with such treatment, to run down; because the interval between the courses being so long, and the constitution feeble, the disease becomes reinforced. But if the patients had in such cases, taken several Short Courses and a long one, in the interim, and thus, be well fed with No. 2, 3, 4 and 5, and Milk Porridge, Panado, Soups, Mush and Milk, &c., there would be but little danger of *Running Down*; for the disease would be routed, and the patient receive a renewal of his strength, before he would have time to run down.

I would, however, by *no means* advise any practitioner to dally and tamper with sickness, after the slow manner just mentioned, to give an opportunity for the intervention of the Short and Long Courses. On the contrary, if the patient be very bad, let regular, full Courses be given, more frequently, but in the mildest way possible, and steam but a short time at once; say from ten to twenty minutes, if the patient seem not able to bear it longer, feeding them well at the same time with No. 2, 3, 4, and 5; and almost constantly with the lightest and most wholesome and nourishing diets; and let the diets generally be of the patients own choosing. Even injections in the bowels may be given of clear soup, without fat, or of very thin porridge or gruel, with a half a dose of Vinegar Lotion, or Pepper Sauce added. This will not only comfort and strengthen the bowels, and often prevent inflammation in them, but it will give food to the body while in this low condition. While there be life, there should also be hope, therefore the practitioner should, by every means directed in this book of practice, endeavor to add to the strength of his patient, and if possible, altogether prevent his patient from running down, from the start. For this purpose, I have in nearly all cases made much use of a little bitters, of the purest kind, from the very start, such as the Tonic Powders, Spiced No. 4, Golden Seal, Balmoney, Unicorn Root, No. 6, &c.; and in all cases where the breast and lungs be affected, to feed

up the patient at proper intervals, with Cough Powders, Nerve Powders, Archangel, Hoarhoun, Crosswort, Wake Robbin, Meadow Cabbage, &c., &c.. And I firmly believe that in ninety nine cases in every hundred, a *cure* might be *performed*, without even a danger of the patient *dying*, or even *running down*, as is common with the patients of some practitioners, in some peculiar cases.

Doctor Curtis, one of our whole, through going Thomsonsians, a constant practitioner, Editor of the Thomsonian Recorder, and Principal in the Botanic Medical School in Columbus Ohio, and Professor of the Theory and Practice of Medicine, Lecturer on Anatomy, Physiology, Botany, and Chemistry, therein, informs us that he has "in desperate cases, given four full Courses of Medicine, in twenty four hours! and the patients grew stronger and felt better all the time, and in the three days were entirely well." There was no waiting for the patients to *Run Down*, in those cases. He fed them constantly with No. 2, 4 and 5, beef tea, chicken soup, milk porridge, mush and milk, &c.; and in fact never let the stomach get empty, excepting the moment that the emetic emptied it; and then as soon as it would become settled by drinking fresh draughts of composition, peppermint, and other teas, then some toast, porridge or soup, well seasoned with Cayenne Pepper and salt, would be immediately given to recruit and keep up the strength of his patient. After the vomiting be over, cream or milk may be added to the composition, as well as sweetening, to good advantage; if the patient can take it so: some persons prefer it prepared in this way, at all times.

The following, is Doctor Curtis' method of preventing his patients from running down.

1st. Give at least three cups of tea of composition or No. 2 and 3, (made in a large pitcher,) before steaming. Then place the patient on a chair so high that the feet will be *directly over the steam*, still giving the tea, pretty well seasoned with No. 2. [In this way give the patient a regular steaming.]

2nd. Wash with a little cold water and wipe down; now give plenty of teas, *before* the emetic, which should never be given when the stomach is empty. Now follow up closely with teas and emetic, * * * * *. We have never

seen, in a constant practice of nearly three years, a single patient run down in the manner represented by many Botanic Physicians, and we believe it may generally, if not always be prevented by good management." The same writer further remarks that,

"It is too late in the history of the Botanic Practice, to fear that No. 1 will kill. We have seen a pint of the strongest decoction of it given, during a course of medicine; but we think that from two to five teaspoons full of the powder will answer equally well. It is not only a safe, but an indispensable medicine, in all long standing and obstinate cases of disease. The patient who refuses it, might as well abandon the last hope of recovery."

The following paragraph, I have extracted from the Thomsonian Recorder, vol. 4, page 47. It exhibits a degree of faithful perseverance, worthy the name of a Thomsonian, as well as a proof of a kind and affectionate daughter. It is an extract from a communication,—the name not given. She found difficulties to encounter, but had no notion of letting her patient run down. She speaks thus;

"Mother was brought very low. She said, time and again, that she could not live. I gave her twelve courses of medicine. Most of the emetics operated very hard upon her. She threw up a vast deal of tough canker and dirty bilious matter. She said at the time, that I should kill her; but now she says she believes that I saved her life. I have no idea that if I had listened to her, and not persevered in giving the medicine, she would have lived. But I had to manage every way to get the emetic down. She was pretty good about taking the canker medicine, but the No. 2 burnt her mouth, and the No. 1 distressed her so badly, that she could not bear to take them.— Sometimes she would consent to take the emetic, and sometimes I would give it without her consent. Do you wonder how I got it down? Sometimes I put it in her food, porridge, &c., making it sweet, and strong with ginger, sometimes I mixed it with ginger and cider; sometimes sprinkled it on roasted potato with black pepper, &c.. She would find it out when it began to operate, and sometimes ask, How could you give me No.

1? You will kill me.' It was a hard way to get along; but I felt as if there was no other alternative. Nothing would relieve her so quick as the No. 1. It is the king of medicine. She now enjoys good health and fine spirits."

The following very just remarks from the pen of the beloved Doctor Samuel Thomson, the Father of our system of medicine, will show how the calomel doctors cause many of *their patients* to RUN DOWN with SICKNESS and POISON, *to death and the grave*,—then take their estates.

"This is what is scientifically called the depleting and reductive system. To illustrate this practice, I will call the attention of the reader to the first stages of sickness, for, whether the patient be male or female, the same depleting practice is introduced, such as bleeding, blistering and purging with powerful physic, such as calomel and jalap; then comes the laudanum to check the operation and stupify the patient; and all this is to ease the distress caused by the physic. Then the doctor continues with small doses of calomel, opium, nitre and camphor, until the patient is fixed out with what is called the run of a fever. To these depleting instruments of death, the patient is compelled to submit—all his natural sentinels (senses) being knocked down by the doctors' death-mawl (depletion,) and the patient's friends who ought to be protectors, become completely stunned, and made nearly as senseless as the patient by the name of learning, and the learned doctor. Thus mankind are cheated out of their reason, and their senses are often reduced below those of the brute.

Instead of driving the doctor out of the house, and throwing his poison physic after him, the friends, in their delirium, will assist him in administering these instruments of death, till the patient, the nurse, and perhaps the whole family have fallen victims, one after another; the grave becomes the receptacle of their bodies, and the doctor comes into possession of their whole estate, as his exclusive and legal right; for it must be observed our laws are such that the expenses of the last sickness and the funeral charges, must be paid first to the exclusion of all other debts.

In all sweeping sicknesses, such as the cholera for in-

stance, when the people are allowed and recommended to keep the instruments of death in their hands, such as a gill of brandy, two hundred drops or laudanum and sixty grains of calomel, how long will it take for all such dupes to be dead, and those legal speculators in physic, to be in possession of all or at least the greater part of their wealth. What difference does it make what the plague or pestilence is called when the cause is physic, and the object is money. The Doctors want money and must have it. Remember the cry of the cholera. This, is my opinion was a scheme of the Doctors to dupe the people and to give the physic dealers power over them, grounded on the authority of the city.

Those doctors &c., are styled a Board of Health, (not of death,) notwithstanding their patients nearly all died. Yes, died with cholera (alias physic.) For further proof that the object in a great measure was wrong, recollect that fifty thousand dollars was granted by the city to the Board of Health (so called) to cleanse the city and provide hospitals to give the cholera a decent reception.

Another scheme to collect money from the people by those dealers in physic, was to make them believe that the cholera could be prevented, but not cured. By this means they contrived to empty all their old drugs from the apothecaries' shops in the pockets of the people, whereby they filled their own with the precious metals, gleaming a little from every one weak enough to be a dupe to their horrid speculations, and thus was the game played, the blind leading the blind, and all fell into the ditch together, till the grave is full and running over, as at New Orleans, and probably would have been the case in this city had not the cholera gun been discovered and the ammunition with which it was charged (namely, lancet, calomel, opium, nitre, camphor, blisters, saline fluid &c.,) together with Dr. W.'s prescription, as a preventive (of life) until a physic dealer could be obtained, so that, if the preventive did not answer the purpose (of death,) the Doctor would.

Now, reader, just take a general survey of the calamities of the world; the condition of the great portion of mankind is truly deplorable and has been ever since the healing art was lost, and the plants and herbs of the fields

and forests ceased to be used as medicines, and since, poison minerals of the rankest die were substituted in their stead, by Paracelsus, who, in consequence, was called a hater of mankind. Doctor Robinson says, Paracelsus gave the tartrate of antimony because it burnt up the stomach and lungs like hell fire. If this expression be true, I think it sufficient to prove the truth of his being a hater of mankind. In addition to this physic dealer and hater of mankind, comes Sydenham, who introduced bleeding to cure disease. These two plagues being joined in matrimony against the life and health of mankind, I think have caused the greatest plagues that have ever infested the earth. That writer, says the future Sydenham, introduced bleeding into the practice of physic. In the space of 100 years more died with the lancet alone, than all that perished by war in that time. Stop, reader, and reflect for a moment, and say to thyself, can any being be so destitute of common sense, except a learned fool, as to believe that the same practice that will kill a well hog, will cure a sick man; or that the practice which will cure a sick man, will kill a well rat? For example, when the doctor comes to cure a sick man, he bleeds him, and when the butcher comes to kill a well hog, he bleeds him; when a farmer wishes to kill a well rat, he poisons him, when a doctor comes to cure a sick man, he poisons him. Could any one believe that a learned doctor ever possessed a human body, when he sees him take the same method to cure a sick man, that the butcher takes to kill a well hog, or that the farmer takes to kill a well rat; and what adds further to our astonishment is, to see this human butcher climb on law legs to take the little property from the orphan children, for butchering their parent! Can any one wonder at their seeing their need of law-legs, when their mal-practice is seen in all its naked deformity? Sad dilemma! Has their boasted scientific knowledge of four thousand years come to such a rotten and crumbling condition as to need the prop of the laws to support it in its dying moments! Farewell physic.

Thus, by what I have written, the reader will have a faint conception of my views of the practice of physic;—that it is the beginning of sickness and a train of accu-

mulated evils, ending in poverty, misery and untimely death. In consequence of the prevailing practice of physic, well might we exclaim as did the wise man, 'thou fool, why shouldest thou die before thy time?' Because, like the foolish Galatians, they were bewitched by and run after the new learning and a learned doctor, and he suffered all their natural sentinels to be knocked down, and the poison to be swallowed without being allowed to examine or taste for themselves, until they are swept off like rats, and that too before the meridian of life, by the physic of the doctors, who poison according to law. At the same time, it is evident that the doctors believe the botanic practice to be the best in the world, as the following particulars will show:

1. They do not allow that any patients ought to die under the Botanic Practice. This is proof that they believe it far preferable to their mineral practice.

2. When the dealers in physic can get no relief from their own poison practice, they will fly for refuge to the Botanic Practice. These two witnesses are sufficient to establish the fact, viz., that they do believe the Botanic practice to be far preferable to their own. The extraordinary cures by the Botanic practice they cannot deny."

"HEAT IS LIFE, AND COLD IS DEATH;"

Or in other words, Life is Heat, heated, or warmed, (that is, in) organized human or animal bodies, as there is a certain degree, circumstance or condition of heat accompanied with motion, which constitutes and distinguishes the living state; and Death is Cold, that is, this certain degree of animal heat, becomes reduced or diminished, till it becomes so far below the necessary or proper standard, that Cold preponderates,—Death ensues.

Therefore as Doctor Platt remarks, the Thomsonian Practice is based on this simple, this easily expressed, this eternal foundation principle, namely HEAT IS LIFE, AND COLD IS DEATH. (He trusts that all Thomsonians understand in what sense these terms are applied.) In all attempts to remove disease from our bodies we must keep this foundation principle in view. If we loose

sight of this, our polar star for a moment, our frail bark, is on the ocean of conjecture, without compass or rudder. Whatever form of disease may appear, be assured that cold is the cause, and that consequently, obstruction and a want of action, either general or local, is the consequence. Cold causes the proper, lively action to abate or cease, and Nature being impeded in her course, struggles to remove the obstruction. This gives rise to disagreeable sensations, pain, sickness, *fever*.

There can be no disease where there are no obstructions; consequently there can be no pain, where there are no efforts of nature to remove obstruction. And as heat and nature, are synonymous terms with us, Thomsonians, it follows, that the more *heat* and *pain* there is in a diseased system the better, in *one* sense; because the heat is an evidence of the *strength* of nature, and *pain* is an evidence that nature is exerting her powers for the removal of obstructions. Doctor Thomson expresses all in a few words, namely; 'The higher the fever runs, the sooner the cold will be subdued.'

Doctor Platt continues with the following remark, and relation of a case of one of his own children. It shows clearly that if heat be not life, the want of it is death, or at least the cause of death.

"One peculiar form of disease, which I have seen manifested only with infants, has perplexed me more than all others. From the peculiar circumstances and symptoms of those cases, I was formerly led to *suppose*, that some natural defect, some organic derangement, *something* beyond the reach of medicine or art, was at the bottom of the difficulty. I dissected one of my own children, with all that searching anxiety of mind, which a parent *only* can feel, but gained nothing. I have since treated four attacks of the same form of disease, in three different subjects, with success. And I now feel a pleasure in declaring that I attribute my success *wholly* to my undeviating adherence to our foundation principle. I am satisfied, beyond the shadow of a doubt, that the cause of the difficulty was cold. If cold, then, is the foundation or proximate cause of *all* diseases, what should be the first effort of the practitioner? *Surely*, to expel it by its opposite, *heat*. Such articles, therefore, as have an in-

variably tendency, from their inherent principles, to stimulate nature, or the vital principle, to action, to rouse her nearly dormant energies, and as it were, to replenish the lamp of life with *their* oil, are the articles *always* wanted in the commencement of our attacks upon disease. Such articles, possessing such a principle, we have in the different preparations and combinations of No. 1 and 2. ¿Have any other articles yet been discovered, better adapted for this purpose? If so, I freely acknowledge myself ignorant of their existence. Indeed, I seriously doubt whether any such do exist.

After raising and equalizing the heat, as far as practicable, ¿what is next to be done? Use such articles as from their inherent principle, have an invariable tendency to loosen and dislodge all cankerous, morbid matter, so that the natural action of the organs, got up by, and in consequence of the heat, may expel it by all the natural outlets of the body. Have you any articles for this purpose, superior, or even equal to those of Dr. Thomson, classed under the head of No. 1 and 3? I have not.

¿What next? Let this process be repeated, or rather continued, until the system is so far relieved from the accumulated mass of obstructing and offending matter, that nature can perform her operations, without any serious impediment.

After raising sufficient heat, and so far clearing the machine of obstructing and offending matter, as that the wheels of life may move with some degree of freedom, our next object should be, to tone, to brace up, to strengthen the muscular fibres. Here is an office for the different articles classed, under the head of No. 4, to perform. And well satisfied am I, that those recommended by Dr. Thomson, are adequate for the purpose, if properly selected, and judiciously applied. The practitioner who is deficient of a thorough knowledge of this class of remedies, or of judgment in their administration, is deficient in that peculiar point, which above *all others*, is of the greatest importance to his patients. A very little information, or insight into the Thomsonian practice, will enable a person of common strength of mind, to go through with the practical part of what we understand by—a thorough course of medicine. But, to gain vic-

tory over a disease by a well conducted course of medicine, is *one thing*, and to *retain* the victory, and reap the full profit of it, is quite *another thing*. I am well satisfied that practitioners are more generally deficient in this point, than all others. Nature presents but *one* avenue, through which we may enter to assist her in her endeavors to restore the lost energies of the system; and that is, by the digestive organs. You have expelled the cold, you have cleared the system of obstructions, and now Nature, spent and exhausted, claims your fostering care, and proffered assistance, to restore her consumed energies. By a proper application of the different articles under the heads of No. 4, 5, 6, Nerve Powder, &c., you act specifically upon the digestive organs, stimulating them to a gentle healthy action, by which means the nutritious part of the food, when properly prepared, passes directly into the blood, replenishing that vital fluid that carries nourishment to every part, where it deposited, assimilates and becomes flesh. At the same time, and by the same process, the grosser or earthy part is carried along the alimentary canal, and passes off by natural dejection."

Doctor Samuel Thomson, in his *Remarks on Fevers*, shows that even the *heat* in a *fever*, is friendly to nature, being an effort of Nature to throw off cold and obstruction. He says;—"According to the writing of the learned physicians, there are a great variety of fevers, some more, and some less dangerous. But to begin with a definition of the name: What is fever? Heat undoubtedly, though a disturbed operation of it. But is there, in the human frame, more than one kind of heat? Yes says the physician, (strange as it may appear,) there is the plueretic heat, the slow nervos heat, the putrid heat, the hectic heat, the yellow heat, the spotted or cold heat, the typhus or ignorant heat, and many other heats; and sometimes, (calamitous to tell,) one poor patient has the most, or the whole of these fevers [heats,] and dies at last for want of heat!

Is fever or heat a disease? Hippocrates, the acknowledged father of physicians, maintained that *Nature* is *heat*; and he was correct. Is nature a disease? Surely it is not, What is commonly called fever, is the effect,

and not the cause of disease. It is the struggle of nature to throw off disease.—The cold causes obstructions, and fever arises in consequence of those obstructions, —to throw them off.—This is universally the case. No person ever yet died of a fever! for as death approaches, the patient grows cold, until in death, the last spark of heat is extinguished. This the learned doctors cannot deny; and as it is true, they ought, in justice, to acknowledge that their whole train of depletive remedies, such as bleeding, blistering, physicing, starving, with all of their refrigeratives; their opium, mercury, arsenic, antimony, nitre, &c., are so many deadly engines, combined with the disease, against the constitution, [HEAT] and life of the patient. If cold, which is the commonly received opinion, (and which is true) is the cause of fever, to repeatedly bleed the patient, and administer mercury; opium, nitre, and other refrigerents, to restore him to health, is, as though a man should, to increase a fire in his room, throw a part of it out of his house, and to increase the remainder, put on water, snow, and ice!”

“When the patient is bled, it lessens the heat and gives double power to the cold; like taking out one side of a scale, and putting in the other, which doubles the weight, and turns the scale in favor of the disease. Giving opium, deadens the sense of feeling. Small doses of nitre, calomel and opium, have a tendency to destroy what heat remains, and plant new crops of canker, which will stand in different stages, in the body, the same as corn planted in the field every week, will keep *some*, in all stages [of growth;] so is the different degrees in canker. This is the reason why there are so many different fevers as are named; when one fever turns, another sets in, and so continues, one after another, until the harvest is fully ripe, if the season is long enough; if not, the cold and frost takes them off;—then it is said they died of a fever. It might with as much propriety, be said that the corn [which was] killed with frost, died with the heat. The question whether the heat or cold killed the patient, is easily decided; for that power which bears rule in the body after death, is what killed the patient, which is cold,—as much as that which bears rule, when he is alive, is heat. When a person is taken sick

it is common to say, I have got a cold, and am afraid am going to have a fever; but no fears, are expressed of the cold he has taken; neither is it mentioned when the cold left him. The fashionable practice is to fight the remains of heat till the patient die, by giving cold the victory; in which case is it not a fact, that the doctor assisted the cold to kill the patient?"

The following quotation from Doctor Thomson's remarks in a chapter on Cholera, is quite explanatory.

"The peculiar mortality of some seasons, seems to be gmented by sudden and excessive transitions or fluctuations from heat to cold, and from cold to heat.

It will be readily recollected that winter commenced early in the fall of 1831. The air was cold and chilly, until late the following summer. The cold and chilly weather being protracted beyond the usual period—all nature appeared to feel the impression.

The heat of animal bodies were subject to the peculiar influences, circumstances were calculated to produce; the natural or *vital heat* was *diminished* some degrees below the healthy point, considering the time of the year, when the wintery, cold and chilly blasts were intruding on the warmth of summer.

The heat of summer came on suddenly, and the weather became rapidly and intensely hot. The inward heat of men's bodies could not rise in proportion to the external heat; they had not time to take in, take up, and absorb the caloric or heating principle from the atmospheric air they used for respiration.

It resembles a stream rising too fast for the fountain. It makes back water as it were on the wheels of animal life and motion, and they wallow and labor hard. When the streams rise almost level with the fountains, this must always be the case.

The stream was too low, it fell nearly to a level with the external heat. The prevalence of disease was the consequence. Equalization inwardly and outwardly, would have in any case, produced dissolution. This was the state of all who died!—this was death!!!—It is, and will be death wherever it occurs.

This is the physical condition of the animal body of man, when the inward heat be diminished, below the zero

of that scale by which health is graduated, and the heat of the day or atmospheric air, about equal to that of the body; then the body suffers the inconvenience of cold, in proportion to the loss of inward heat, and when those become equal the body dies.

A patient approaching this condition, will commonly turn yellow on the skin, and his complaint will get the name of yellow fever. The liver loses the power to perform its functions, and the powers of life run down: outward heat being risen too high for the inward. When the heat of the body be diminished inside, and the heat of the air be about equal to that of the body, the person suffers the consequence of cold, in proportion to the loss of inward heat; and when they become equal or to a level, they die. At this balance of heat inward and outward, spots will often appear on the skin; the standard or scale of life is correct in itself; but the balance of the powers of life which are graduated by it, suffer derangement from their natural and regular order.

In conclusion, I would remark that the cause of animal and vegetable life are the same, namely;—one common principle produces similar effects: Nutritive life in animals and vegetables, bear a striking resemblance to each other. Vegetables like animals, are constituted of four great cardinal elements,—all vegetable life is under the control, influence and operation of similar principles as that of an animal. Without *earth, water, fire and air*, nothing like vegetation could exist. The winter season is a state of DEATH to vegetation: just in proportion to the loss of heat, is the degree of the suspension of life,—we mean a loss of heat in that particular modification or elementary combination thereof that constitutes the living state; this is a degree of death, or a degree of the suspension of vegetable life. In many instances the suspension is total.

In cold countries, after the winter has passed away and the spring returns, suspended vegetation and suspended animation are again restored. The torpid reptile again inhales the breath of life. Heat in this case is not only an agent in the restoration to life and vigor, but is so adapted to the condition of the being on which its influence is exerted as to contribute a living principle;—

so on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with and contrary to the living state is death itself.

Heat does not act alone, and independent of its fraternal elements, but in harmony and accordance with the whole family. But without their elder brother, there is no life in the material universe. The elements would rest in everlasting silence and unactivity, if destitute of this generative father of life and motion. Abstract the element of fire from all the other elements,—stillness and silence would be universal,—the life of all that breathes and moves, would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid unmoving and unmovable mass;—the fluid air would be consolidated to the flinty hardness of the diamond on its native rock.”

EXPECTORATION.

By the term Expectoration, is implied the act of ejecting from the breast certain, tough, clammy flegm or corruption, as is often discharged therefrom by many persons when coughing; and where ever there be an excessive portion of flegm or mucus, or the existence of corruption [or pus,] there is disease. This expectoration, then is an effort or action of those organs to throw off and rid themselves of canker, cold and death. When cold, obstructions, and canker takes hold of the bowels, stomach and lungs, even in a sleight degree, it often causes great accumulations of flegm or canker which often rises as stated, to relieve the parts. This flegm is diseased or vitiated mucus, which neither possesses vitality, nor is it necessary to the operations of nature. It is, in fact, *cold*. It also engenders coldness and canker, to the parts where it abides. Hence will at once be seen the necessity of keeping up at all times the heat, and a sound, healthy action of the system, that it may be able at all times to free itself of all offensive matter and humors. Hence the necessity of taking occasionally, when exposed to cold, and damp, or the sleightest intimations of disease or canker, be exhibited, some expectorative and astringent medicine, which will at once obviate any

difficulty, or bad consequence that otherwise, by neglect, might arise. For this purpose, as is abundantly explained in this work, we have the No. 1, 2, 3, and 4. The No. 1, 2 and 4, are expectorants. They stimulate enliven, and impart to the system a degree of warmth and elasticity, to rid itself of the cankerous mucus. The No. 3, being of so powerful an antiseptic, astringent nature, to animal substances, that it will prevent putrefaction, and so harden the parts, as to prevent the reaccumulation, or excess of this mucus. And where much seeming coldness or pain exists, the addition of No. 6 is always requisite.

There is one thing that I wish particularly to mention, and believe this a proper place, and I wish it may be particularly remembered by all; that is, the circumstance of many persons being in the habit of swallowing all of the mucky flegm and snot that they can collect, even with some efforts, from the breast or nose. Thus they add poison and death to the stomach which is already in a state, more or less morbid, and actually in great need of an effectual cleansing by emetics, rather than to made the depraved receptacle of such filth. Persons who are in the habit here aluded to, never fail to find their unwise course, to be the fruitful parent of greater accumulations of canker, and sometimes, and indeed frequently accompanied by acute forms of disease, which they are ready to attribute to any thing rather than the true cause.

This subject is hinted at in the article on Mastication, at page 72, where the danger of increasing the disease by sucking down that noxious vitiated mucus, or masticating it like a precious morsel, along with the food, and knocking down all of the sentinels or senses until the operator makes sure of it, by lodging it safely in the stomach. To say nothing of the unwholesomeness of planting, daily, new and successive crops of canker, disease and death, in the very vitals, of them that are guilty of this unbecoming practice, it bespeaks them to be elevated (in their appetite, for aliments,) but a very little way in proportion to their scale of being, above the hog which gorges itself until vomiting be produced, and then eats it up again. I am induced thus to speak out more plainly than I otherwise would, on account that there are

so many people to be met with, who seem to be so unsensible of some things, concerning their own welfare; hoping sincerely, that it may be of use to them. Is not the blood, and every new increase of additional substance of our corporal bodies made and formed from that which is masticated, swallowed into the stomach and there digested, in such a manner as to supply all of the absorbents, ducts or vessels that take up, more or less substance from substances which are taken into the stomach? And again; if we eat that which is in itself, directly unwholesome, does it not follow of course, that disease in a more aggravated form will be our portion?

Persons of phlegmatick habits, observe, that the masses of thick flegm that rises or is coughed up, is often comparatively quite cold. This shows at once that it is vitiated humor, or canker, and if not removed, and the part healed, it ultimately destroys the organic life; it is the cause of death, or death itself, creeping slowly in, to drive life out, by eating away the organs themselves.

When ever the stomach and lungs become coated with this thick watery stagnated humor or flegm, it never fails to destroy the digestive organs, or to greatly lessen their power. Hence arises dyspepsy, and often consumption and death. Persons affected in this way, are sometimes affected with headaches, dullness, and often a dislike to activity; and as the disease increases, nervos affections, and melancholy is not unfrequently the consequence, especially if the liver, that great bile secreting organ, be much affected.

Persons affected with symptoms like what I have here described, should lose no time, but apply our remedies for obstructions of cold and canker; and persevere, until little or no flegm appears; and even then, persons who may be that way disposed, should repeat the dose of No. 2 and 3, or composition, night and morning and occasionally a dose or two of No. 4, through the day, for a length of time afterward, to give solidity to the constitution, and restore the health permanently. If these hints and directions were strictly attended to, many who are afflicted with dyspepsy and melancholy, and many who die of consumption, might live a long, cheerful and happy life.

Common colds are often attended with an expectoration of matter resembling what has been described, and should always be attended to at the onset,—not waiting for it to become seated on the lungs.

The different stages of these phlegmatic complaints, are distinguished by the appearance and specific gravity of the matter ejected. For instance, if merely flegm or mucus be spit up, the disease is then in the first stages and may be more easily and readily cured; but if it be farther advanced, and corruption or pus, be spit up, there is then strong reason for alarm. And although it is a fact that there are thousands who are afflicted with one or the other of these forms or stages of disease, yet no one is willing to confess that he has the consumption! Well then reader, as the *name* is more dreaded than the disease, I will not worry thee about that at the present,—leaving it until we come to give the treatment or cure. Physicians consider it of consequence to determine whether the matter thus ejected be flegm, or corruption, or in their language, “whether it be mucus or pus;” as in cases of *cajarrh*, which are attended with an expectoration of matter, so much resembling pus, that the physicians themselves have been often at a loss to determine this point; it may however be ascertained with a sufficient degree of certainty, for all purposes of practice, by the following rules and tests; namely:—

1st. From the appearance of the matter; mucus or flegm is naturally transparent; but pus or corruption is always opake. When mucus becomes opake, it is white, yellow, or greenish; which latter color, is not so considerable as in pus.

2nd. From the consistence; mucus being more viscid and adherent; pus, less so.

3rd. From the specific gravity compared with water,—it is usual for the mucus from the lungs to swim on water, and pus to sink.

4th. Expectorations of *pus* are connected with a hectic fever; but expectorations of *mucus*, though with fever, yet not with hectic fever. There are many such distinctions recorded by physicians, some of which are the following, put down as *tests* of the *danger* in CONSUMPTION.
[Hippocrates’]

Hippocrates' Test.—Take a glass of pure water, if sea water it is still better, and spit into it what the cough brings up. If it swim and continue to do so for some hours, you may be certain that it is not pus; if it sink to the bottom, it is a bad omen—that is, when taken in conjunction with other symptoms.

Dr. C. Darwin's Test.—This promising young man, who was cut off in the very dawn of his usefulness, discovered a double test of much more accuracy than the preceding. Put into one glass a little sulphuric acid, and into another some pure potash dissolved in water; put of what is spit up in each till it dissolves, and fill up each glass with pure water. If the matter be from an ulcer, a sediment will fall down in each; if it be merely flegm, there will be no sediment in either.

Dr. Young's Test.—Take two pieces of plate glass, and put between them a small quantity of what is spit up. If it be pus, ye will perceive, on looking through it towards the sun, or a candle placed at some distance, the appearance of a bright ring of rainbow colors, a red area surrounded by a circle of green, and this again by another of red; and the more genuine the pus, the brighter the color and the greater the danger. If it be mucus, there will be no distinct colored rings, though a confused halo may sometimes be seen.

Sir Edward Home's Test.—Dr. John Hunter first remarked that mucus appears in the microscope to be made up of flakes, while pus is made up of globules like a pin's head. This is the basis of Sir E. Home's test; he informs us that pus is a whitish fluid of the consistence of cream, and composed of opaque globules, surrounded by a transparent liquid; it has a mawkish sweetish taste when cold, being without smell; though when warm, its smell is disagreeable to every body but the patient; it does not dissolve in cold, but is readily diffused through hot water; it does not readily putrify, and, when evaporated till it becomes dry, or when exposed to heat, it does not coagulate. Spirit of wine and muriate of ammonia coagulate it. Corrosive sublimate coagulate mucus.

CLEANLINESS.

Cleanliness is not only a preventive against disease,

but it is a real virtue that gives lustre and excellence to every other good quality in man. And on the other hand, uncleanness and filthiness, is an unbecoming quality or practice, that admits of no excuse. Where water can be had for nothing, every person can keep his person and clothing sufficiently clean. The continual discharge from our bodies by perspiration, renders frequent changes of our clothing, necessary. Frequent washings of the skin and changes of apparel, greatly promote health of body and serenity of mind. Diseases of the skin are often owing to a want of cleanliness in the individuals' own selves, or of those with whom they have to do, in one way or another. It is true, they may be brought on by unwholesome food, &c.,; but they will seldom continue long, where cleanliness prevails. To the same cause, must we impute the various kinds of vermin which infest the human body, houses, &c.. These may be banished by cleanliness alone, and where they abound we have reason to believe this virtue is neglected.

Cleanliness is always acceptable and agreeable to the nature of mankind. They cannot help approving it in others, even though they practice it not themselves. It sooner attracts regard than even finery, and often gains esteem where glittering ornaments fail. It is itself an ornament to the highest as well as the lowest station, and should never be dispensed with in either. Few virtues are of more importance to society, than general cleanliness, which ought to be daily practiced, and carefully cultivated every where; and in populous cities, and in vessels upon the waters, it should be almost revered. For the end alluded to, plentiful supplies of pure water in sufficient quantities, should be an object to be attended to, in every location and situation in life. In many great towns, this *concern*, which is a very laudable one, and creditable to the citizens, is progressing to a good effect.

One common cause of putrid and malignant fevers, is the want of cleanliness.

These fevers often begin among the inhabitants of close, dirty houses, who breathe in an atmosphere rendered unwholesome by the miasin of dirty privies, sinks or quagmires. The infection often spreads far and wide,

to the destruction of many. Hence cleanliness may be considered as an object of public attention. It is not sufficient that I be clean myself, while the want of cleanliness in my neighbor, affects my health as well as his own. If dirty people cannot be removed as a nuisance, they ought to be avoided as infectious. All who regard their health, should keep at a distance from their habitations. When they find themselves deserted and know not why, they will learn the cause whenever they take a peep at the habitation of their neighbors.

Cleanliness is of the greatest importance in all places where great numbers of people are collected. In great towns, no filth of any kind should be permitted to be upon the streets; for infectious diseases are often communicated by tainted air. Every thing therefore, which tends to pollute the air, or spread the infection, should, with the utmost care be guarded against. In ancient Rome, the greatest, did not think cleanliness an object unworthy of their attention. Pliny says the common sewers for the conveyance of filth from the city, were the greatest of all public works. The Jews during their encampment in the wilderness, received particular instructions with respect to cleanliness: "Thou shalt have a place without the camp, whither thou shalt go forth,"* &c.. In some of the eastern countries cleanliness makes a part of their religion. They enjoin various bathings, washings and purifications. However whimsical or puerile these washings may appear to us, few things would tend more to prevent disease, if properly and effectually performed.

Frequent washings not only removes the filth and sordes from the skin, but likewise promotes the perspiration, braces the body and enlivens the spirits. The eastern custom of washing the feet, is a very necessary and agreeable act of cleanliness, and contributes greatly to the preservation of health. It will remove the sweat, dirt and crusts, which may be coated over the feet, and obstructs the natural and healthy perspiration. Were people careful after being exposed to cold or wet through the day, to bathe their feet and legs with warm water, at night, and then rub on something stimulating, they would not only be fulfilling this part of the law, namely; cleanliness, but they would often prevent cold, fevers

* Deut. xxiii. 12. 13.

and other sickness. No seventh-day night should pass away without a thorough cleansing of the whole body, in addition to the partial oblations, in the week. The mouth, teeth, ears, eyes and head, should be thoroughly washed in tepid water; and the nose cleansed by a little Thomsonian Head Ache Snuff, or a little fine bayberry, and cayenne, or either of them; and after these operations take a dose of composition, or No. 2 or 6, then rub a little Thomsonian tooth powder on the teeth with the finger, or soft brush, and in the morning wash the mouth and teeth with tepid water. The armpits, groins, toes, &c., should also be cleared of all offensive substance.

In places where people are sick, cleanliness ought to be most rigorously observed. And whenever necessary, the clothes, bedding, &c., ought to be carefully washed, well dried, and if thought needful, fumigated. Infection has been known to lodge a long time in dirty clothes, and afterward break out in a terrible manner.

On shipboard, in camps, hospitals or infirmaries, and poor houses, a proper attention to cleanliness, is in no places more necessary. If epidemical distempers break out in those places, no one can be safe. The best way to prevent them is to observe rigorously these rules, and always have at hand a reasonable stock of Thomsonian Medicines, that in case the least appearance of sickness should take place after these necessary precautions, they may be effectually checked at the onset.

Persons who visit the sick and handle or wash a dead body or touch any thing that might convey infection, should, in every instance, wash clean, before going into company, or sitting down to eat; otherwise they will run the hazard of taking the infection themselves, or of communicating it to others.

INFECTION.

Many diseases are no doubt infectious, especially if persons who be exposed to them, be not in very good health, and their systems somewhat predisposed to sickness. And although every wise person, would recommend care, and cleanliness, as preventives, yet by no

means ought we to flee away and leave our fellow creatures, to lie and die unattended, as has too often been the case. The practice is however very different, but not much better, in other cases; I mean the practices of thoughtless, or brainless gossips running, in great numbers, under the pretence of visiting the sick, and thus crowding their chambers from morning till night, and disturbing them with their noise, &c., while none are willing to turn in and render that assistance which might bring about a speedy cure, and prevent any infection or further spreading of the disease.

Persons who visit the sick, would do well to observe for themselves, our rules for cleanliness and the preservation of health, and occasionally take in the mouth to chew, a bit of the best ginger root, cloves, conserve of hollyhock, or some aromatic or bitter herb, like tanzy, rue or other strong scented herb. Due care should likewise be taken to keep the sick perfectly clean, and if thought necessary on account of any heavy smell, to sprinkle the room, where the patient lies, with vinegar; or, take rue, sage, mint, lavender, tanzy, and wormwood, or any of them, bruised, and boil or scald them in the best white wine or other vinegar, and add to a quart or two of the liquor, an ounce of camphor dissolved in spirits, and sprinkle the floor, &c., therewith, and it will much revive the patient, and prevent the attendants from receiving the infection.

Infectious diseases, as has been mentioned in the last chapter, have been communicated by the clothes and other articles used about the sick, and by wearing their apparel, without first being properly cleaned. This shows the danger of buying at random, the clothes of other people. Infectious disorders have been imported, from foreign places. Commerce, together with their riches, sometimes bring their diseases.

A German paper reports that, Syphilis was transmitted from one patient to another by leeches that had been used by the doctors on another person who had that disorder! yet the Massachusetts Medical Society of Calomel Doctors, offer a prize of five hundred dollars for the encouragement of the rearing of leeches!!! I would say to the people, beware of their leeches, as well as their mineral poisons, and lancet.

There is also a case or two on record of the infection of the same dreadful disorder having been transmitted, by inoculation or vaccination, with the matter from the arm of a patient who had that form of disease or malady. These are some of the fruits of the practice of the learned M. D's.

CLOTHING OR DRESS.

To adapt the dress with scrupulous nicety to the fluctuations of temperature every day, would require such minute attention, as hardly any person could bestow; but every one may comply with the general rules of clothing, so far as not to lay aside, too early in the spring the dress of winter, nor to retain that of the summer too late in autumn. By the neglect of these precautions alone, thousands of lives are every year sacrificed to mortality. In this variable climate, there are frequently changes, both in winter and summer, that require changes of clothing to the mode twice in a week, instead of only twice in a year. It is an old observation that cold kills more than the plague; with regard to this country, and in this climate, according to the acceptation of the term, it holds strictly true. Every person of discernment, may perceive, most of the colds that prove destructive to the inhabitants, are owing to some imprudence in regard to clothing. A few warm days in the third and fourth months, induces many to throw off their winter garments, without considering, that sudden changes and penetrating colds always come a month or two afterward.

The perfection or standard of dress, is,—first; comfort;—second; convenience;—third; decency; fourth; neatness;—fifth; economy; and it should always fit, without fretting the body.

CLOTHING OF CHILDREN.

The clothing of an infant, is so simple a matter, that it is surprising how many persons should err in it; yet many children lose their lives and others are deformed, by inattention to this article.

Nature knows no use for the clothing of an infant, but to keep it warm. All that is necessary for this purpose is, to wrap it in soft loose covering. Were mothers left to the dictates of nature and common sense alone, they would certainly pursue this course. But in these latter days of false refinement, this business is taken out of the mothers' hands, and has become quite a secret, which none but adepts pretend to understand!

Among brute animals, no art is necessary, to procure a fine shape, though many of them are extremely delicate when they come into the world, yet we never find them grow crooked for want of a peculiar mode or cut of dress, or swaddling bands. Is nature less generous to human, than the brute kind? Oh no: but we have taken the business out of nature's hands.

Not only the analogy of other animals, but the very feelings of infants tell us they ought to be kept easy and free from all pressure. They can only tell their uneasiness by fretfulness and crying, when hurt by their clothes. Whenever they be loosened from their bandages they seem pleased and happy: yet, strange infatuation! the moment they hold their peace, they are again laced up.

If we consider the body of an infant, as a bundle of soft pipes replenished with fluids to keep them in motion, the danger of pressure will appear in the strongest light. Nature, in order to make way for the growth of children, has formed their bodies soft and flexible; and, lest they should receive any injury in the womb, has surrounded the *foetus* every where with fluids. This shows the care which nature takes to prevent all unequal pressure on the bodies of infants, and to defend them against every thing that might cramp or confine their motions.

Even the bones of an infant are so soft and tender that they readily yield to the slightest pressure, and easily assume a bad shape, which, can never after be remedied. Hence it is, that so many people have high shoulders, crooked spines, and flat breasts, who were as well proportioned at their birth, as others; but had the misfortune to be squeezed out of shape, by the application of stays and bandages.

It is safer always to fix on the clothes of an infant

with strings, than pins, as pins often gall and irritate their tender skins, and sometimes occasion disorders and sores; and they have often been found sticking into their bodies. Let every young mother consider well, these hints, and in her practice as many more as she can think of or see requisite.

FEMALE DRESS.

Importance of adapting the clothing to the state of the weather.—Flimsy clothing in females is destructive to health and life.—Tight lacing.—Corsets,—manner in which they are injurious.—Shoes and stockings.—Flannel next the skin.—Flannel drawers.

In the regulation of female dress too much is sacrificed to fashion and appearance. The whims of a French or English mantua-maker, or the depraved state of some reigning beauty, are of infinitely more weight in determining the nature of the clothing worn by females, even of this country, than all the arguments drawn from the character of our climate, and the attention which experience teaches us should be paid to the season of the year, the state of the weather and the amount of exposure. Many of the diseases to which the delicate and youthful of the female sex are peculiarly liable, and by which so many of them are hurried into the grave in the spring-time of their existence, may be traced to impropriety of dress: either in preventing, by its undue tightness and its inconvenient form, the proper growth of the body, and the natural and free play of its various parts and organs, or to a want of caution in accommodating it to the temperature of the season, and to the various and rapid vicissitudes of the weather.

One cause of the alarming prevalence of consumption among the females in this country, may, we suspect, be traced to the general adoption of a style of dress which is totally unadapted to guard the body from the influence of cold, and of those transitions from heat to cold, so common, especially in the middle and northern states; and more especially under circumstances when these

transitions of temperature are most liable to produce their baneful effects upon the system.

Strangers who visit the United States have frequently expressed their astonishment at the flimsy dresses of our fashionable females, so illy adapted to enable them to withstand the inclemency of the winter, and the frequent changes of temperature experienced during the spring and autumn.

We should perhaps be considered as exaggerating the imprudence of our females in neglecting to protect their bodies by sufficient clothing, if regard were had only to the dress worn by them whilst within doors, and especially when engaged in their domestic duties. This, we admit, is sufficiently well adapted, so far at least as warmth is concerned, to all the purposes for which it is intended. But, in preparing for an evening ball or party, or even for a simple visit to a friend, it is too common for females, even when the temperature of the external air is that of mid-winter, to retire from a warm parlor to a cold dressing room; and there exchange a comfortable, warm gown, for one perhaps of thin silk or muslin (with wide sleeves of a still more flimsy material than the gown itself, which leave, the arms almost entirely naked;);—and their worsted cotton stockings, and thick shoes, for flimsy silk stockings and slippers of a scarcely more substantial material: and, thus attired, with their neck and shoulders bare or merely covered with thin lace, they sally forth into the damp and chilly air of the night, and arrive at the place of their destination, shivering with cold. After several hours have been passed in a hot, close, often crowded apartment, and perhaps when the body has been heated by the exercise of dancing, they again brave the cold and dampness of the external air, and on arriving at their home, retire to their beds with cold feet and a shivering frame. Who can be surprised that the consequences of such imprudent exposures, are affections of the throat and lungs, attended with cough and hoarseness, and too often terminating eventually, in fatal consumptions? Motives of delicacy, as well as a proper regard for health, have been repeatedly urged in vain, to enforce the strong necessity of relinquishing such destructive practices: the arguments of

the moralist, and of the physician, have alike failed to induce conviction. And hundreds who might have shone forth for years among the most estimable and lovely of the sex, have in early youth been dressed in the shroud, because, in an evil hour, they laid aside those parts of their apparel which their health, as well as comfort, rendered absolutely necessary.

But, injurious and fatal as are the effects resulting from too flimsy a dress, they are scarcely more so than those produced by tightly girding the chest and waist, that most absurd of all inventions, a corset. The injury produced by the latter, it is true, shows itself more slowly, but not less certainly. Although years may pass before the pressure to which the muscles and the important organs of the chest and abdomen are subjected, gives rise to serious disease and deformity; nevertheless, the daily amount of injury is considerable, and if the practice be persisted in, the time never fails to arrive, when beauty, health and even life becomes its victims.

To enable our readers to understand the manner in which the undue compression exerted by the corset produces injury, a few remarks will be necessary.

The motions of the body, as well as its erect position, depend upon the action of numerous masses of flesh, endowed with the property of active contraction; these are denominated muscles. The perfection with which the muscles perform their office, in either of the above respects, is always in proportion to their strength or tone, and their freedom from every artificial restraint. Now, it is an invariable rule, that if constant pressure be made on any set of muscles, by means of a tight dress or a bandage of any kind, they will soon diminish in size, and consequently lose both their power of supporting the body in its natural position, and their ability to produce the free and easy, in other words, graceful movements of those parts to which they appertain. This is strongly exemplified by the state of a limb that has been confined by the necessary dressings in consequence of a fracture, or by those impostors who, in many of the European cities, bandage firmly their legs and arms until they are diminished, frequently to one-half their original size, for

the purpose of exciting commiseration and extorting alms, or avoiding military service.

Tight lacing, by means of corsets, and every portion or form of dress which compresses in the least degree any part of the trunk or limbs, and in that manner cramps the free motion of the muscles, in the same manner reduce their size and plumpness, and destroy their tone. So long as their use is continued, there is no means of obviating the injury which results from them; and let it be recollected that this injury is always greater, the earlier in life they are adopted. The muscles of the tightly girt female invariably lose their healthy tone and firmness, and the limbs and body present, instead of that roundness and full development of form so essential to personal beauty and so intimately connected with health and vigor, a shrivelled, bony and emaciated appearance. These injurious effects result as well from the inactivity in which the muscles are kept by a tight dress, as from the free supply of blood, demanded for the support of every part of the body, being interrupted by the compression of the blood-vessels and the inefficient exercise of the limbs.

The unfettered Indian, and even our country girls in the interior, are strangers to that deformity of figure and flaccidity of flesh, so common among the females of our cities, and this evidently arises from their muscles, being allowed their proper play, and the body its regular growth, unimpeded, from the period of birth, by tight lacing or any unnatural form of dress. In the country girl we have health and vigor, and a free use of the limbs and muscles, because all are allowed to be exercised without restraint. She rests when she is weary, and in whatever posture she chooses, or in which she finds the most ease. When she has recruited her powers, she walks, runs or hops as her fancy may direct—bending, inclining or erecting her body as she lists; and all the muscles are called into equal and harmonizing play, which is impossible in a body girt about with a tightly laced corset, or where the limbs are cramped by the form of the dress. In the case of the country girl, there will be undoubtedly much awkwardness in her attitudes and movements, but this arises from her want of education, and not from the absence of tight lacing. A

graceful carriage and harmonious motion could be communicated much more certainly, were corsets banished, as a part of female dress, than they can be, so long as their use is persisted in.

We have not yet, however, completed the catalogue of evils produced by corsets. Independently of the uneasiness resulting from the firm compression of the chest, the constrained position which this uneasiness induces the female who wears them, constantly to assume (indicated by the frequent shrugging and writhing of her shoulders, and her constant restlessness when in full dress,) and which of itself often gives the back an ungraceful twist, and throws the shoulders out of their natural position; other permanent inroads upon health and beauty take place. The pressure of the corset, depriving in a great measure the muscles of the back, by which the upright position of the body is maintained, of their natural action, and the blood being prevented from circulating freely through their vessels, they become relaxed, and allow the body to bend ungracefully, either to one side or forwards. In time, the curvature of the spine which results, becomes permanent, and the individual is often deformed for life. But neither is this all :

The health and vigor of the system;—the freshness and brilliancy of the complexion;—the very activity, energy and cheerfulness of the mind depend, in a very great degree, upon the blood undergoing a perfect purification in the lungs. This is effected by its being brought into contact, in these organs, with a sufficient amount of pure atmospheric air: whatever impedes the free expansion of the chest in the act of breathing, and thus diminishes the amount of air inhaled into the lungs, prevents this purification of the blood from taking place. Now, the corset, by firmly compressing the chest and loins, does this to a very great extent—so much so, that in females who have been in the habit of wearing it from their youth, the chest has absolutely a diminished capacity and loses that finely arched form which constitutes the beauty of the female bust. By numerous experiments, it has been found that females thus circumstanced take into the lungs a much less amount of air than those who have never worn a corset. The vigor of the whole system becomes, in consequence, prostrated; the skin assumes a

sallow hue, and all the functions of life are performed imperfectly. The lungs and heart especially suffer, and in many cases, become sooner or later the seat of an incurable disease. Consumption is indeed a very common effect of tight lacing.

The pressure of the corset on the stomach and liver, is also highly prejudicial, by impeding digestion and the free secretion of bile; in this way, independently of the injury inflicted upon the lungs, it causes discoloration of the skin and a haggard and wrinkled countenance.

There is still another injury resulting from the corset, which has less often been adverted to: we allude to its effects in preventing the proper development of the breasts, and especially of the nipples—in consequence of which, the female, when she becomes a mother, is subjected to great suffering and is entirely incapacitated from performing one of the most pleasing and sacred of the maternal duties. In those who have never worn a corset, the want of a prominent nipple is scarcely ever observed; but, since its very general adoption by nearly every young female, this deficiency is of very frequent occurrence.

We urge, therefore, upon all, the disuse of all this ridiculous and pernicious portion of female dress, which, so far from adding any real grace or beauty to the form, is the cause of disease, suffering and deformity.

The covering of the feet of females, demands, equally with that of the other parts of the body, a degree of attention. The feet should be carefully guarded from cold and wet. This precaution is even more important for females than men: *the suppression of an important function* of their systems, and, as a consequence, serious and long-continued disease are not unfrequently produced by its neglect. In the choice of stockings, therefore, regard should be had to the temperature of the season and the state of the weather. A thicker and warmer kind should always be preferred in winter and in wet weather, than in the warm, dry weather of mid-summer. If fashion and pride demand the use of silk or thread stockings, an under pair of thick soft cotton or worsted should also be worn; it is better to sacrifice something in the appearance of the foot, than to jeopardize health and life.

The shoe also demands attention; while, in its materials and the thickness of the sole, it should be adapted to guard the feet from cold and wet, in its shape and size it should be such as neither to give uneasiness by unduly compressing the feet, nor to prevent the freedom of their motions in walking. Too small a shoe, whether in length or breadth, produces the utmost suffering to the feet, and often cripples for life those who persist in wearing it. Painful corns and callosities about the toes and joints, are always occasioned by them; and the female who subjects herself to the torture of too small a shoe, in obedience to the dictates of fashion, not unfrequently becomes the martyr to her folly,—suffering the most intense pain whenever she attempts to walk even a few squares; and in the place of a free and graceful step, acquiring an extremely unpleasant and hobbling gait, or being deprived altogether of the proper use of her feet in walking.

In conclusion, we may remark, that those parts of the body which are most liable to suffer from the influence of cold, and hence such as require to be defended with the greatest care by appropriate clothing, are the whole of the chest, the upper part of the arms and the shoulders, the abdomen and the feet. Our opinions may be set down as old fashioned and absurd, when we recommend soft flannel as the most appropriate dress to be worn by females in contact with the skin, during those seasons of the year when the cold is intense, and the vicissitudes in the temperature of the atmosphere are frequent and sudden. We assure our readers, however, that, by adopting our recommendation, they will be gainers in health and comfort, and that they will prolong the freshness and vigor of their youth to a much later period of life than an opposite course.

Soft flannel drawers in particular should be considered an indispensable article of female attire during wet weather.—*Med. Pocket Book.*

TIGHT LACING.

From the Aurora.

Notwithstanding all that has been said by anatomists and others, of the impolicy of *lacing*, I believe that it is practised now as universally and with as fatal effects as at any former period. The reason of this must be, that

writers on this subject generally limit their remarks to medical works, and these, instead of circulating where all may have an opportunity of investigating the principles and truths they contain, are considered by most, as the property of the practitioner alone. In the establishment of the natural laws, the Creator has made no provision for ignorance; hence there is no transgression without suffering the penalty. Here then is the necessity of all sentient beings understanding all the physical and organic laws by which they are governed. The human chest is by nature adapted in shape and capacity to the healthy performance of all the vital functions—hence it must be obvious that if this part of the body be compressed by *corsets*, *stays*, or any other artificial means, some, if not *all* of these life-dispensing organs must be injured, and this will produce consumption and other chronic diseases. It is a known anatomical fact that the lower extremities of the sternum or breast bone, (being of a gristly or cartilagenious nature,) by the pressure of an elastic board, is bent in, and becoming hardened with age in that situation, is productive of serious injury to the stomach which lies immediately behind it. This is no fancy sketch; the writer, though always a moderate lacer, has herself experienced some of the injuries here spoken of, and this induces her to use her feeble efforts to warn her sisters of like consequences.—There can be no doubt but numbers of females who might otherwise have been useful members of society, are by this practice, annually hurried to an untimely grave. It is idle for us to censure the Chinese women for wearing iron shoes, while we who would like to be thought far more intelligent, are the willing victims of a habit infinitely more disastrous and suicidal in its effects. Woman can never rise above these things until she is convinced that the cultivation of the mind is of more importance than decorating the body with useless appendages—until she will cease to be what she now emphatically is, the slave of *fashion*, the slave of *man*.—Let mothers understand anatomy and physiology, and teach their daughters; teach them that they were designed for the *equal* companions, not the “mere ornaments and dependants of man;” teach them their health, happiness

and even life itself depend upon the free exercise of the mind and body. Then, and not till then, will woman appreciate the true value of her existence. M. F. T.

Stark, County, Ohio.

DEATH FROM TIGHT LACING.—*From the Jour. of Health.*

I have seen and am much pleased with your paper, and doubt not it will do much good. I hope for it an extensive circulation. In one of the late numbers you call for *facts*, whether communicated in elegant language or not. I have recently learned one to which I give all possible publicity, and have told it in almost every circle of the young, in which I have since found myself. Two weeks since, while on a visit at the house of a respectable, long experienced physician in one of the southern boundary towns in New Hampshire, he gave me, in substance, the following account, as near as I can recollect.

He was called a week or two previous, to visit a young female, I think, over twenty years of age, who was distressingly ill of a complaint of the lungs, laboring under great difficulty of breathing, &c., which his discrimination led him at once to impute to a long-continued practice of *tight lacing*—a practice which is slaying its thousands and tens of thousands, in our enlightened land. There was, in his opinion, an adhesion of the chest, and a consequent inflammation which had proceeded to such a height that death was inevitable. Little or nothing could be done, and the poor girl, after a very few days of acute suffering, fell a victim to—(what shall I say? I am unwilling to wound the feelings of her friends)—her own folly and vanity. It could not be *suicide*, because no such result was contemplated, though the deed was done by her own hand. We can call it no softer name than *self-slaughter*, for such even an external examination of the body proved it to have been. The shoulder blades were found to be literally lapped one over the other; the false ribs had been so compressed that a space of only about an inch and a half remained between them; and so great was the curvature of the spine, which had been girded in by the cords of death, that, after the corpse was “laid out” for interment, *two pillows* were put under the *arch* thereby formed, while the shoulders rested on the board. She was a large, healthy person, and was ignorantly led by

the desire to please, to sacrifice her life at the shrine of fashion, and the prevailing false ideas of beauty of form. She was said to be of amiable disposition and correct moral habits, *otherwise*. M. C.

FEMALE TESTIMONY ON DRESS.

"Dear Sir: Reading, sometime since, your account of a young lady who destroyed herself by tight dressing; and, knowing something of your benevolent efforts to correct the destructive customs of the present day; and, feeling deeply interested in the subject, I take the liberty to offer a single suggestion on one of the prevailing evils of the day, namely, *compressing the chest*.

I have had twenty years' experience in teaching females, and have for the last ten been using my influence to persuade young ladies that the Maker of the human frame knew what support was necessary, and had made the sternum of the right length and put it in the right place; and that, had ligaments been necessary to draw the ribs nearer together, they would have been provided, as they are at the wrists and ankles.

After all my experience, I think nothing will correct this kind of suicide, but a change in the *taste of young gentlemen*. I know much depends on mothers, and that a few of them are beginning to learn something about the laws of health; still, so important, in their estimation, is *matrimony*, and so urgent are they to bring their daughters into market, and to have their dress and form please the gentlemen, that health and life are often sacrificed.

Now, could the tastes of the young gentlemen be corrected, so that they would prefer female *symmetry* to wasp-like forms, and be guided, in *some* good degree, in their choice of companions, by good sense and judgment, it would do more to correct the evil than all the essays and demonstrations the philanthopist ever produced.

SARAH JAQUITH."

AN ENGLISH PAPER says, The fashion, &c., of tight waists has for many years been condemned by medical men, and for a time been abandoned. The rage now has become greater than ever, and the physicians of the metropolis are reaping an ample harvest from the consequences. It is said that more deaths have occurred among the young females during four months, than have been

known for many years, all attributable to the unnatural practice of screwing the lungs, the liver, and other parts of the viscera, as to prevent the possibility of digestion. Inflammation is the consequence, and death must follow.

INTEMPERANCE.

Temperance and exercise are the two best physicians; and if they were duly regarded, we would have but little need of any other. Temperance may be justly called the parent of health; yet numbers of mankind act as if they thought disease and death too slow in their progress, and by intemperance and debauchery, seem to solicit their approach.

Good health depends upon that state of the solids and fluids of our bodies which fits them for the due performance of the vital functions; and while these go on regularly, we are sound and well; but whatever disturbs them, certainly impairs health. Intemperance never fails to disorder the animal economy: It hurts the digestion, relaxes the nerves, renders the natural secretions unregular, and occasions numberless diseases.

The analogy between the nourishment of plants and animals, affords a striking proof of the danger of intemperance. We see that moisture and manure greatly promote vegetation, yet an over quantity of either, will destroy it. The best things, by being intemperately used, become hurtful, and even destructive, when practised to excess. A great excess of heat or cold will equally produce death; and too sudden transitions from heat to cold, or from cold to heat, even where the heat or cold be not in the greatest extreme, (that could have been borne by a slower change) is hurtful, and may prove fatal. Hence we learn that the highest degree of wisdom consists in regulating our appetites and passions, and likewise regulating ourselves and usages through life, so as to avoid all extremes and sudden changes. It is this that chiefly entitles us to the character of rational beings. The slave to appetite and passion, is unworthy the name of a man; and he who will not try to take care of his own person, and guard it against elemental extremes, is only fit to be a slave, or, at least, subject to the care of the more prudent [Bountiful

Bountiful Nature hath endowed us with various passions, and inclinations for self preservation, and the propagation of our species, &c.. But *intemperance* is the abuse of these passions as much as the ruin of the constitution. Men who are not contented with satisfying the simple calls of nature, are apt to give too loose a rein to their desires, which never fails to create artificial and imaginary wants, which never can be gratified. Luxury knows no bounds, for she is perpetually in search of something that may gratify her unsatiable propensities. Hence the epicure, the drunkard, and the debauchee, seldom stop in their career, till their money or their constitution fail. Then, indeed, they not only see their error, but feel the sad consequences of their folly, when too late.

It is impossible to lay down fixed rules for diet, drink, clothing, exercise and every other pursuit with the precision of clock-work, on account of the different constitutions, habits and occupations of mankind. The most ignorant person, however, certainly knows what is meant by excess; and every individual who will, can avoid it. The great rule in these things is, to study comfort and simplicity, and that way or course which will, in its good effects, produce the greatest amount of health, strength and happiness, and hold out the longest, without, any way, impairing our constitutions. Nature delights in the most simple food; and every animal, except man, follows her dictates. Man alone riots at large, and ransacks the whole creation in search of luxuries, to his own destruction. "For my part," says Addison, "when I behold a fashionable table set out in all its magnificence, I fancy that I see gout and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes."

Intemperance in other things than diet, are no less destructive of the human constitution and happiness! How quickly does the immoderate pursuit of carnal pleasures, or the abuse of intoxicating liquors, ruin the best constitution! These vices generally go hand in hand. Hence we so often behold the votaries of Bacchus and Venus, even before they have arrived at the prime of life, languid in body, worn out with disease, and wrinkled as with age, hastening with swift pace to an untimely grave. Would

mankind but reflect on the painful diseases, and premature deaths, which are daily occasioned by intemperance, they would shrink back with horror from the indulgence of such ruinous excesses.

The train of consequences which follow intemperance, to bring about self, destruction, are not all the evils produced by it: The innocent too often feel its woful effects. How many wretched orphans are to be seen almost naked, or clothed in rags, and, as it were, embracing dunghills, whose parents, regardless of every thing noble and useful, spend, for drunkenness and debauchery, what might support their offspring in a decent manner? How often do we behold the disconsolate mother mourning over her infants for their undone situation, and pining in want! while the cruel father! is indulging his insatiate appetites?

Drunkards do not always fall by acute disease, it is true; but they seldom escape those of a chronic kind. Intoxicating liquors, when drank to excess, weaken the bowels, and spoil the digestion; they destroy the power of the nerves, and occasion paralytic and convulsive disorders. Hence, obstructions, dropsies and consumptions of the lungs. These are some of the common ways in which the drunkard makes his exit. Diseases that be brought on by hard drinking can be more seldom cured than almost any other. The natural effects of habitual dram drinking on the constitution, is the destruction of the mucus membrane of the stomach and bowels, the torpidity of the digestive organs, the cooking of the liver, the ruin of the whole nervous system, with a certainty of shortening the life time, of the loss of health, happiness, character, respectability, together with the noble and refined feelings of our nature, the possession and lustre of which render life desirable.

Intoxication is peculiarly hurtful to young persons. It heats their blood, impairs their strength and obstructs their growth.

The celebrated Doctor Hunter gave to one of his children, a glass of wine, every day, after dinner, during a week. The child was then about four years old, and had never been accustomed to wine, before. To another child, near the same age, and under similar circumstances, he gave a large orange, at the same periods and during

the same space of time. At the end of the week, he found a very material difference in the pulse, heat of the body and state of the bowels of the two children. In the first, the pulse was quickened, the heat increased, and the bowels deranged; whilst the second had every appearance that indicated high health. He then reversed the experiment:—to the first he gave the orange, and to the other, the wine. The effects followed as before; a striking proof of the pernicious effects of intoxicating liquor upon the functions of life, in a state of health.

Drunkenness being destructive to the body, is likewise so to the functions of the mind. And strange it is, that rational beings who value themselves, on account of their superior degree of reason above that of brutes, should take a pleasure in that which sinks them so far below the dumb part of creation.

Ah! some will say, their habit of drunkenness proceeded from misfortunes in life, and that they applied to the intoxicating draught to relieve their misery; because it caused them to forget their troubles, and seemed to afford temporary relief. But, I reply, this solace is, indeed, short-lived; and when it be over, the spirits sink as much below their tone as they had been raised above it. Hence a repetition of the dose, appears, to the drunkard, necessary, and every fresh dose makes way for another, till the unhappy wretch becomes a slave to the bottle, and at length falls a victim to intemperance. No man is so dejected as the drunkard when the fit be gone off. Those who have the greatest flow of spirits while the grog be going round, are of all men the most melancholy when sober; and many such, put an end to their own or others, lives, in a fit of drunkenness and ill humor.

Now, some will conclude that, in all conscience, I have said enough upon the subject of drinking grog; but let them remember, that this is not a subject of mere individual concern; it is a subject of vital importance to our whole nation; yea, to the whole world: therefore if this long chapter on intemperance, be the means of saving but one fellow mortal from the desperate consequences pointed out, each reader might willingly surrender his odds, and I shall feel that I have written no more than was due from me to them.

Doctor Thompson, the founder of this system of practice, has also stamped his disapprobation upon the use of ardent spirits. He says that they are a slow poison; that, when taken into the stomach to stimulate, the effect will soon be over, and to continue their use for some time will quite destroy the tone of the stomach, injure the digestive powers, and cause disease. On this account he strongly recommends the most simple preparations of his medicines, by making them in teas and sweetening, or taking them in molasses, honey or conserves. Those few articles, prepared with a small addition of spirits, is no argument against this doctrine. They are intended to be used in cases of unexpected casualty, and to add to certain doses, to give quickness of action thereto, as a greater degree of strength can be added in smaller portions, when required; at the same time, the quantity of spirits given, is so small that the effects of it alone could scarcely have any effect, being merely *sufficient*, in many preparations, to preserve them from fermentation or souring.

DOCTOR SCOTT, *at a public meeting at Buffalo, made the following remarks, upon the destructive effects of ardent spirits; so here we have the testimony of another of the regular physicians, as they are called: and, as he is a physician, he has spoken on this subject as such.*

"The effect of alcohol on the body.—This body of ours is subject to constant decay. The particles of which it is composed are constantly passing away. There is a continual loss of the substance of the body. To supply this loss, is the object of taking food. The food we eat is converted into blood, and from the blood this loss is made up. All the nourishment and support of the body comes from the blood—consequently, nothing nourishes or supports the body that does not come from the blood. In this point of light look at alcohol. Is that converted into blood, and does it thus go to nourish the body? No such thing: Alcohol is for ever unchanged wherever it is; whether in the mouth, or in the stomach, or in the blood, or in the brain, or in passing from the breast of the nourishing mother to the stomach of the infant. It never becomes blood, and consequently never nourishes the body; but to whatever part of the physical system it goes,

it is rejected as an unwelcome visiter. Do you ask how we know all this? He would tell them. And he would first allude to some exceedingly important physical discoveries that were made, not long since, in the internal parts of the body of a soldier, who, in an action, received a wound that was never healed over; so that one might look inside, and see the operation which there took place. It was in this way that many valuable facts were obtained, relative to the process of digestion.

Again. We know these things to be true, from the fact, that after a man has been drinking alcohol, if you bleed him, you will find alcohol in the blood.

Again. If a man dies who has been in the habit of taking alcohol, you will find a deposit of it in his brain.

Again. You may detect it in a man's breath who has been taking alcohol. It passes into the blood to the lungs, and is thence thrown off in the breath.

Again. You may detect, it in perspiration. Let a man who takes alcohol, and falls into a perspiration, just lay his arm in the air of a window, and you will perceive the scent of alcohol.

Again. Put alcohol into the stomach, and you will always take it out clear and unchanged.

Now, what are the effects of this stimulant passing through the system? Can it do any good? No; and not only no good, but much mischief.

1st. It causes *excitement*,—an unnecessary action, and exhaustion follows. It has been thought that laboring men needed rum, and would do more, with it, than without it. This might be true of a single given case, but it was not true as a general fact, in the long run. The fact was, that under excitement, men will put forth uncommon efforts. He had seen men in time of fire, and on other similar occasions, perform feats that they could never perform afterwards. It is just so with the effects of alcohol. It calls forth our natural strength. Mark—it never adds strength—it only calls it forth. And the consequence is a general debility.

Other effects. Upon the glands which separate the fluids in the body. These were easily excited, and if frequently excited, soon became diseased.

Another effect. Upon the brain. The mind is made

up and supported entirely from the brain. Alcohol goes all through the brain. With its immediate effect (intoxication) you are well acquainted. But its permanent effect is to harden the brain, and thus stupify and deaden the physical faculties, which are indispensable to mental operations. No man whose brain is hardened can ever think clearly.

Another effect is upon the *stomach*. Alcohol acts powerfully upon the coats of the stomach. Hold up the empty stomach of a drunkard between the eye and the light, and you will discover certain blue lived spots. The coats of the stomach become thick. It is from this diseased stomach that the uncontrollable appetite of the drunkard's, originates. It is a physical disease. And until the disease be cured, the appetite will remain. And you cannot control it. You might as well attempt to control the twinges of the tooth ache, as control the gnawings of a drunkard's appetite.

Another grand effect is, that *alcohol renders men liable to disease*. I say, the habitual use of alcohol renders men liable to disease. There is, in the human system, a natural power given to resist disease. This power is destroyed by alcohol. Dr. S. here illustrated this fact by allusion to the immense multitude of drunkards that are swept off by the cholera. And the same was true with other epidemics.

Also, it makes light and mild diseases dangerous, and difficult to cure. The proof of this was the uniform experience of physicians. He also stated cases of facts.

Again. *It shortens life*.—This every one knew, and no one disputed. He would not dwell on it. And yet if there were no other reason against the use of alcohol, what rational man would either use or sell it?

Effect on the mind. He had already said that it hardened the brain, and thus diseased certain organs whose health was necessary to the clear operations of the mind. As well might you see clearly with a diseased eye, as think clearly with a diseased brain. Exercise added strength to every member of the body. And it was just so with any faculty of the mind—regular exercise gave new strength, as memory, imagination, &c., while irregular exercise occasioned weakness. And whatever had

a tendency to destroy this regular exercise or action of the mind, weakened it. And such an effect was produced by alcohol. It was like the effect of a blow upon the head. The judgment was peculiarly affected. All the powers of the mind are weakened, but judgment most. And yet, look and wonder! it is on the judgment that the chief reliance of the temperate drinker is placed. He goes on taking glass after glass—his judgment growing constantly weaker and weaker—while his confidence in it seems to grow stronger and stronger. Dr. S. here related a very impressive incident which he met with a short time since in Baltimore. The circumstance was something like this. A man was suspended at a vast height, at work upon the outside of a steeple. The plank on which he stood was held up by a rope. Now, what would you think of the man who should sell him a knife to cut that rope? or, what would you think of this poor infatuated man, if he should take the knife and begin to cut, strand after strand of the rope by which he was supported at that dizzy height?

Effect on the morals of the drinker. It destroys social affections. He soon begins to lie,—lies first about the quantity; and the frequency of the rum he takes. The habit increases upon him; he will then lie about any thing. From lying he goes on to *swearing*. And when he has learned to lie and swear, he is prepared for something worse—and then learn to *gamble*—begins by flipping the copper to see who shall treat. Whoever heard of gambling around a bowl of cold water? After all these, he is prepared to *get drunk*. Next to *steal*—to get the means of drinking. Then he related a fact of a man who actually stole the bread that his wife had purchase to save the children from starving, that he might buy m with it! Next to fight—to rob—to murder.”

In addition to the many evils of intemperance, as regards both the health of the body and the mind, there is still another consequence liable to follow, which does certainly set forth the awful and dangerous situation of the drunkard, in the strongest light; that is the liability and danger of *spontaneous combustion*.

It is well known that *spirituous liquors will burn* when they come in contact with flame. It has also been as-

certained, by experiment in drawing blood from the arm of a drunkard, and applying a lighted match thereto, that it burned with a blue flame, for a certain length of time. The newspapers contain frequently alarming statements of drunkards having been burnt to death, by spontaneous combustion. And what must have been the situation of the drunkard whose blood burned after being drawn from his arm, if his breath had come in contact with the same match? His breath must also have been so impregnated with the spirit at the same time, that had the match come in contact with it, no means yet known could have prevented the total consumption of his body. We read of many instances of the combustion of drunkards, even where it was not known that any match had been applied.

The following dreadful account of spontaneous combustion is from the Thomsonian Recorder, vol. 5, p. 160.

"Shocking!"—A late number of Galignani's Messenger, gives an account of a case of spontaneous combustion of the human body. A Captain Sercey of Cherbourg, was found dead in bed in the morning of the 27th ult., with the flesh on his breast and throat and both his arms burnt away to the bone. When he went to bed a bottle full of very strong brandy was placed by his side, of which only about one-eighth remained. The medical men, on examination, ascertained that he had died of apoplexy, and that his flesh had been consumed by spontaneous combustion; for, although the bed clothes were slightly burnt by communication with the candle, the fire from them had evidently been insufficient to produce the consequences. It is probable that they arose from the flames having caught the alcoholized vapor that issued from the captain's body."

In what a perilous condition is the drunkard; liable every moment to be burnt to ashes, or roasted alive, as it were, by the volcanic fires that he concealed or smothered within his own body!

"Can we wonder that while a liquid fire is thus traversing the whole system and scorching the finest tissues of the human frame, that delicate sensibility should be lost? With a scorpion like alcohol, stinging the brain and firing the whole nervous system, need we be surprised that the unfortunate victim of this cursed poison be

frequently impelled to acts of madness and desperation?"
; Would it not be strange indeed if the fires which thus
smoulder in the system, should never bring the miserable
sufferer to commit deeds of the darkest die, and urge him
forward in the maddening course of crime!

"The evening was cold and raw :
And by a blazing fire,
To waste his day and puff away
His cares, sat Obadiah.

A flagon on the table stood,
And oft he drained it dry,
And often too, he filled it up—
A bottle standing nigh.

Now Obed was a thinking man,
And soon he quite forgot
The earth below, and every thing,
Except his happy lot.

He thought he was in Paradise,
And now, the town of Lynn—
He fancied fountains playing punch,
And rivers running gin.—

But when he stooped to light his pipe,
Which had by chance expired,
His alcoholic body was
Spontaneously fired.

The flames soon caught the building, and
Were seen for miles around—
And in an hour the old Lynn Inn
Was burnt down to the ground!

The morrow found a sturdy knave,
A raking 'mongst the stones—
But naught was found of Obed, save
His buttons and his bones. PAUL."

“¿How long shall virtue languish!
 ¿How long shall folly reign?
 While many a heart with anguish
 Is weeping o’er the slain:
 ¿How long shall dissipation
 Her deadly waters pour
 Throughout this favor’d nation,
 Her millions to devour?”

¿What is it that saps the morals of youth; kills the germ of generous ambition; desolates the domestic hearth; renders families fatherless; digs dishonored graves? *Drunkenness.* ¿What makes a man shunned by the relatives who loved him; contemned by the cotemporaries who outstripped him; reviled by the very wretches who betrayed him? *Drunkenness.* ¿What fills our asylums with lunatics; our ponds and rivers with suicides; our jails with thieves and murderers; our streets with infamy? *The same destructive vice.*

I trust from what is known of the shocking results of the intemperate use of intoxicating liquors, and the warnings here given, that the philanthropists and friends of temperance will wake up in the might of their reason, and strive by all proper means and influence, to decrease this desolating evil, until the “blue flame” which has arisen from the blood of a fellow being, light the ebriate back to the paths of temperance, and serve as a beacon light to those who would avoid the horrible life and miserable end of the drunkard. He who by precept, whether oral or written, shall succeed in rendering drunkenness detestable, as it deserves to be, in the eyes of all, and sobriety an inviolable virtue throughout the land, will confer on his own and succeeding generations,—a gift beyond all price.

HEREDITARY DISEASES.

This chapter seems to be somewhat connected, from its nature to the last; because, one great cause of disease in children, and the declension and unhealthiness of succeeding generations, is the intemperance or irregular habits of parents. It is as rational to expect a strong and

rich crop from a barren soil, as that strong and healthy children can be born of parents who are naturally weakly or whose health has been broken down, and their constitutions worn out with intemperance. And from what has been said upon the subject of intemperance, any one must see the ruinous effects it has upon the animal frame. It is also a well established fact, that the calomel and other poisonous drugs administered by the mineral faculty, have even a more horrible consequence, where persons have been long under that flesh, blood and bone destroying practice. Calomel destroys the capacity for muscular action, and often produces knots upon some of the organs, and fills up the passages in others, in growing persons. Mothers in a state of pregnancy, by taking this drug, may injure the growth, or destroy the well formed organization of their children, and thus prevent their perfect formation; and there is a case of this sort on record, of recent date, and near this place, of a mother who had been doctored by an M. D. for what he called liver complaint; which shortly turned out to be pregnancy! A Thomsonian was then called in, who soon gave her relief, "and in three hours she was delivered of her child. It was all in a state of canker. They say its mouth and throat were in one coat. It would draw itself up and scream. No natural passage from the bowels only by injections or physic. It sunk away like one in a consumption. Its complaint was born with it, which I believe to be caused by the mineral poisons she had taken. It died at two months old." Doctor Curtis remarks that the "drawing up" of this child, and the spasms which it experienced, were no doubt caused by the poisons the mother had taken.

Now suppose this child had lived, ¿what kind of a generation must its decendents come to be? On the constitution of mothers, depend much, that of their offspring. Any one who believes this, will not be surprised, when he takes a view of the female world, that disease and death are so common among children. A delicate female, brought up too much with'n doors, a stranger to proper ezercise and oper air, who screws herself up in corsets, lives on coffee, tea and other slops, takes pills and other hurtful drugs, may bring a child into the world,

but it will hardly be fit to live. The first blast of cold wind will be likely to nip it like a tender plant, in the bud: Or, should it struggle through a few years' miserable existence, its feeble frame, shaken with convulsions from every trifling cause, will be unable to perform the ordinary functions of life, and come to be a burden on society.

If, to the delicacy and want of good health in some mothers, we add the unregular and untemperate lives of many fathers, we should be able to see, in the strongest light, a reason for the injured and sickly constitution of their children. Sickness and ill health may be induced by hardships and extreme exposures to the weather; but they are oftener brought on by intemperance, neglect, poisonous drugs, &c.. Persons who follow a course of vice and are prodigal of their health and strength, will assuredly spoil their constitutions: and, did the evil always terminate here, it would be but a just punishment for their folly; but when disease be contracted, and the whole frame tinctured or tainted therewith, it will be entailed on posterity! ; What a dreadful inheritance is the gout, the scurvy, the king's evil, the consumption, or the venereal taint, to transmit to our offspring!! How happy would many an heir to a great estate have been, had he been born a beggar, rather than an heir to a great estate with such hereditary *diseases* entailed upon him, along with his fortune!

All persons who wish to marry should certainly look to the healthiness of the constitution of their intended partners. A wise choice in this, as well as in other respects, is very laudable. Some eminent physicians go so far as to say that "*no person who labors under any incurable malady ought to marry;*" for thereby they transmit misery to others. When both parents be deeply tainted with scrofula, scurvy or any other morbid disease, the effects must be still worse. If such raise up children at all, they must be miserable, indeed. It is recorded of the Lacedæmonians, that they condemned their king Archidamus, for marrying a weak, puny woman; because, said they, instead of raising up a race of heroes, he would fill the throne with a progeny of changelings. We likewise read that the Jews were forbidden by their laws, in certain cases, to have any manner of commerce with the dis-

eased; and, in some countries, it is said, that diseased persons have actually been forbidden to marry at all; it being considered political mischief, requiring public restraint. Whether such restraints as these be proper or otherwise, we must admit that a want of attention to these things, in forming connexions for life, has rooted out many families and names from the face of the earth: and as long as such connexions be formed from mercenary views, the evil will be continued. Some diseased parents may prove fertile, it is true; but should this be the case, the family must become an infirmity. The prospect of happiness that a father of such a family must have, I think, would be very small.

Children that be born of such parents, require to be nursed with greater care than others. But extra care and attention is the only way to make amends for the defects of constitution. With this care, a healthy nurse, wholesome air, and sufficient exercise, and when needful, some of our medicines, wonders may be performed, in lengthening the life and adding to the ease and comfort of such children. If, however, these things be neglected, little is to be expected from any other quarter.

Those who have the misfortune to inherit any family disease, should be always very circumspect in their manner of living. They should consider well the nature of such disease, and guard well against it by wholesome diet, and proper botanic medicine. In this way a family disease may be kept off almost entirely for one generation; then, if, in forming connexions for life, and progressing along with the same degree of circumspection, such disease might, in a few succeeding ages become entirely eradicated. Family constitutions are as capable of improvement as family estates; and the wicked, thoughtless wretch, who impairs willfully the one, does greater injury to his posterity, than the prodigal, who squanders away the other.

It has, indeed, often, from observation, appeared to me that many persons are less careful about the *breed* of people they marry, than our farmers and herdsmen are about the stock or strain from which they increase their flocks. There is, indeed, a very laudable spirit of enterprise abroad in regard to the improvement of the breed of beasts, &c.;

but how often do many young persons let a fit of foolish, petty love, or some mercenary view, over-rule their better judgment. "Ah!" some will say, "love rules all, and when in love, no blemish can be seen." This may be the case with brainless fools, who let their passions get ahead of their reason; but wise men and women, who exercise their reason aright, will never be caught in this snare. They look for something reasonable, because they exercise that faculty,—the faculty of *comparing* things. Hence they look around with circumspection, until an object suitable to their reason be presented; then the *reasoning powers* will be pleased, and the affections here centred, will likewise be lasting.

The Miseries of a Nervous Temperament—often the result of a defective education.—; What can be more afflicting to the victim himself, or those around him, who are rendered uncomfortable by his peculiarities, than this unfortunate temperament? Some are born with this extreme sensitiveness; with too many nerves in fact—too little apathy—too much feeling—a morbidly acute perception of every impression, however trivial—like the timid fawn that startles at the rustling of a leaf—thrown into hysterics by a breath of air, a cloud in the heaven, a word, a look—the slightest harsh expression, even though meant in jest—rendering them thus the pity, the laughing-stock, the contempt of those whose stoical phlegm and frigid constitutions are of a coarse marble texture. We have known whole families, from hereditary predisposition, constant intermarriages, perhaps, or other causes, thus unhappily afflicted, so as to become a subject of common remark, and frequently of unjust censure, for what they are not blameable in reality, but to their unfortunate pedigree. But there are others again, parents especially, who are reprehensible for not having adopted, where they have seen this temperament manifest itself in their offspring in early life, a system of discipline which would counteract and repress it. Instead of subjecting their children to a rigorous, rough regimen, from the cradle, athletic and manly exercises, exposure to hardships and the open air, they kill them by kindness—by an excess of nursing and tenderness, like sickly hot-house plants; and thus render still more keen and acute, sensibilities

that ought to be seared and case hardened, as it were, into iron and adamant, to meet the rough storms and tempests which they are but so illy calculated to encounter. How many thorns does the poor, affectionate and unsuspecting mother thus unconsciously plant in the bosom of the child, who is soon to be cast upon the world without the protecting arm of this devoted parent to shield it from harm! 'Tis when this rude shock is first felt that the child looks back with shuddering horror at the overweaning kindness with which its infant years had been caressed. When the loud idiot laugh of vulgar brutality assaults him, or the cold, heartless sneer of sordid pride looks down upon him or passes him scornfully by, in misfortune or sickness; 'tis then the sting of anguish embitters his existence! 'Tis then he recalls with agonizing regrets the smile of a mother's love that watched over his couch—that guided, cheered and indulged him in every want, and whim, and caprice—that multiplied and anticipated, by a thousand nameless attentions, every thought, and wish, and desire! The absence of which, makes him in manhood a child, helpless, miserable and unfit for the struggles, changes and vexations, which all must surmount over the rugged path of life. 'Tis then he feels the want of that which no other's place can supply, not even a brother's or a sister's love; much less that mockery of friendship, which the world calls sympathy. How many thus, for the want of a correct masculine discipline in their early education, have become soured and disgusted with the world—even revolting against their existence, and step by step been driven to vagabondage, drunkenness, insanity, or suicide!—*N. Y. Evening Star.*

THE PASSIONS.

The passions, accordingly as they be well or illy governed, have a wonderful influence, both in the cause and cure of diseases. Reason and science are doing much to enlighten mankind;—and if superstition were but out of the way, would soon do much more, in showing how the mind effects the body, and the nature and certainty

of the reciprocal influence between the mind and corporeal parts, and what ever injures the one, disorders the other. The length and happiness of human life, depend much upon the proper government and regulation of the passions. Every individual should always keep a guard over the passions. One never knows before-hand, the moment something may occur to excite one or other of the passions; hence the necessity of always exercising our reason, our patience, and our firmness.

ANGER.

Violent anger always ruffles the mind, distorts the countenance, hurries the circulation of the blood, weakens the nerves and brings them into a state of convulsive quivering, and indeed, disorders the whole of the vital and animal functions. It often produces obstruction in the inward operations of the animal machine so as to occasion fevers, and other acute forms of disease; and sometimes even sudden death! I have seen persons give such loose reign to violent and dreadful anger, that they appeared for some time to be quite deranged. One individual acknowledged to me after one of his fits of anger had cooled off, that the influence thereof upon the corporeal parts, were so violent, and overcome him so much, that it would have been no surprise if he had died from the effects! Anger is peculiarly hurtful to delicate and sensitive persons, or those of weak nerves.

There has been frequent instances of such persons loosing their lives, by violent fits of anger. Let all persons be advised to guard against any excess of this passion, with the utmost care. It may not always be in our power to prevent being moved in some degree by anger; but we may surely avoid harboring resentment. Resentment injures both the mind and the body, and may occasion the most obstinate disorders.

"King George the 2nd, died as suddenly as if he had been shot through the heart, without any previous illness, at the age of 77. On examining the body, the left ventricle was found ruptured. The hole in it admitted, with some difficulty, the end of the finger. He was a healthy man, and temperate in his habits of living, but very passionate: sometimes his irascibility went farther

than words. His countrymen, the Germans, are perhaps the most passionate people on the globe, and the rupture of the ventricles of the heart, probably arises from the violent passion impeded in it. The Irish are very passionate, and they never hesitate to express it in words or deeds; whereas the Germans are a remarkably ceremonious race, the upper ranks especially, bound down by rules of decorum. There are more instances of sudden violent fevers, and sudden deaths from gusts of passion to be found in German writers than in the medical books of any other people. Very few kings were more perplexed, crossed and aggravated than the monarch in question. He was even compelled, after being without a ministry ten weeks, to accept for a prime minister, the great man who he always hated. And it is highly probable that his efforts, from time to time, to suppress his feelings, operated on the left ventricle principally, injuring and weakening a particular spot in the prime organ of life, which being weaker from great age, than formerly, at last giving away, the brave old king died, *literally* of a *broken heart*. May it not be well to enquire whether those in whom a rupture of the heart is found, *post mortem*, had been constitutionally and habitually liable to violent gusts of passion. A gentleman of our country, now no more, was remarkably passionate, and never failed having a violent paroxysm, whenever his new clothes were brought home from the tailor's. As some articles were expected on "*thanksgiving*" morning, his wife begged and entreated of him not to get in a passion as usual; and, before they came, obtained a promise that he would curb his feelings, let his clothes be what they might. They were brought, and by no means suited. His face was flushed, his eyes fiery, his breathing short, the veins of his neck and temples swelled, and he seemed ready to burst, when he fell on the floor senseless.—By speedy and copious bleedings, [relaxing the system by lobelia would have been much better,] he recovered, but his family never after attempted to arrest the free expression of his choleric feelings. Was this apoplexy? or a heart *ready* to burst?"

The Newport Spectator says, there is a young man in a town in Vermont, who can not speak to his father. Previous to his birth, some difference arose between his

mother and her husband, and for a considerable time, she refused to speak to him. The difficulty was subsequently healed;—the child was born, and in due time began to talk; but when sitting with his father, was invariably silent. It continued so until it was five years old, when the father having exhausted his powers of persuasion, threatened it with punishment for its stubbornness. When the punishment was inflicted, it elicited nothing but sighs and groans, which told but too plainly that the little sufferer was vainly endeavoring to speak. All who were present, united in the opinion that it was impossible for the child to speak to his father—and time proved their opinion to be correct. At a maturer age, its efforts to converse with its parent, could only produce the most bitter sighs and groans.

Such as value good health, should always avoid violent gusts of anger, as they would be the most deadly poison. They ought never to indulge a spirit of resentment; but, at all times and occasions, to keep their minds calm and serene. This promotes the peace of society more than any thing else, and likewise conduces to our own ease, health and felicity more than any other thing.

One of the most impressive admonitions ever given to a mother, is found in the advice of her physician, never to nourish her infant when in a passion, as the pure fountain, from whence it derives support, is for a time poisoned by the ebullitions of rage, and convulsions and death too frequently follow. How dreadful, therefore, is the consequence of passion, when it may even endanger the life of the innocent being at the very moment when it receives the nourishment so necessary for its existence!—and how frequently is every enjoyment through life poisoned by giving way to the force of a crabbed, petulant, wayward temper! Something may be charged to Dame Nature in the formation of our tempers, but more to early impressions,—to proper corrections, to severe admonitions in repressing and checking the gusts of passion in a child.

A cheerful temper, joined with innocence, will make even beauty more attractive, knowledge delightful, and wit natural. It will prolong health, lighten sickness, poverty, and affliction, convert ignorance into an amiable simplicity, and render deformity itself agreeable.

A bad temper, therefore, in a woman, poisons all happiness, and "turns her milk into gall"—blights her youth, and brings on premature, fretful old age—palls all her enjoyments—banishes her friends, and renders her home comfortless and barren. Far different is the ripe, rich harvest of a home made bright and happy by the sweet temper and mild deportment of an amiable wife, if afflictions cross her husband abroad, he finds comfort and consolation in his domicile,—is happy in a companion whose temper like the silver surface of a lake, is serene and unruffled. If he be rich, his admiring friends rejoice in his prosperity, and delight in his hospitality, because all around is light, airy, and sunshine; if he is poor, he breaks his crust in peace and thankfulness, for it is not steeped in the waters of bitterness. An amiable temper is a jewel of inestimable value in the sum of earthly happiness, because with that alone, the whims of a cross husband may be subdued,—many vices may be overcome—the boisterous may be tamed,—the unruly conquered,—the fretful tranquilized, and the hurricane softened and hushed, as the mild zephyr that sweeps o'er the honeysuckle under the casement.—*N. Y. Evening Star.*

FEAR AND FRIGHT.

Fear and frights, have a very great influence, both in causing and aggravating disease. No man ought to be censured for having a proper degree of necessary caution about the preservation of his body and life; but sometimes the very fear of *loosing* life, has been the means of causing death. Fear and anxiety, by depressing the spirits, not only dispose us more to disease, but render such disease far more fatal, which an undaunted mind would overcome.

Sudden fear has often violent effects. Epileptic fits and other convulsive disorders have been occasioned by it. On this account there is imminent danger by that practice, among children and young people of frightening one another. Many have lost their lives and others have been rendered miserable for life, by frolics of this kind. It is dangerous to tamper with the human passions. The mind may easily be thrown into such disorder as never to act with regularity again.

A child three years old was frightened to death, in Yorkshire England, by a terrific figure dressed up by a servant, in the absence of the mother, and placed at the foot of the bed, to frighten the child to sleep.

An English paper furnishes another illustration of the fatal effects of terrifying children, as a punishment for, or, preventive of misconduct. A little child of six or seven years of age, was put into a dark cellar at some distance from the house, and suffered to remain there during the night; and when the door was opened in the morning, she was bereaved of her senses. Her reason was pronounced extremely doubtful.

"The following horrid tale is found in some of the Maine papers, said to be taken from the Frankfort Journal."

"In a school at Turin, the children having made a disturbance by uttering cries, the *sisters* threatened them with the apparition of the devil, if they continued to make a noise. Soon after, on a signal given, there appeared a chimney sweep dressed in a frightful garb, with horns and fiery mouth.—The children were so much frightened that some of them fainted. At the noise caused, the house and street were soon filled with a crowd. At length the rector of the parish came and put an end to the shameful exhibition, but not till several of the children had died of terror."

The Kent (Eng.) Herald states that a woman went into the shop of S. Simmons, and requested him to allow her to weigh some eels. Mistress Simmons told the woman that she could not allow her to weigh them there, as the aversion she had against eels, was so great, that even the sight of them would cause her to be ill. It appears, however, that the woman paid no attention to her, but immediately took some of the eels from her basket, and threw them into the scale. The sight of the eels, and the nearness of them to Mistress Simmons' person, had, as she had predicted, such an effect upon her as to cause her to be taken to bed, where she remained in a most dreadful state near two months, when death put an end to her sufferings."

The constant fear or dread of some future evil, by dwelling upon the mind, has often occasioned that very

evil itself. It has also come to pass that many persons have died of the very diseases which they long had dreaded, or had been impressed on their minds by some incident or foolish prediction. This, it is said, is often the case with women in child-bed. Many who have died in this situation were impressed with a foolish notion (through groundless fear,) that they would not survive the time of their confinement; and there is reason to believe this impression has often been the cause of their death; for when the time arrives they let this foolish whim prey upon the nervous system till it overcomes them, and causes the vital motions of the organs of life to cease.

A custom prevails with some physicians of concealing, from the patients, their views of the issue of the disease, until it be too late;—the nervous system becomes too weak to bear the frightful tidings. A sensible patient had better hear the doctor's opinion at first, and understand his own situation, well as possible, if he be ignorant of it. This will be better than for the patient to find out the opinion of his physician, by the disconsolate looks, the watery eyes, and the broken whispers of those about him. And it seldom happens that an unfavorable opinion can be concealed from the patient. The very embarrassment of the friends and attendants, betray the secret.

FORCE OF IMAGINATION.

A few years ago a celebrated physician, an author of an excellent work on imagination, being desirous to add experimental to his theoretical knowledge, made application to the Minister of Justice, to be allowed an opportunity of proving what he asserted, by an experiment on a criminal condemned to death. The Minister complied with his request, and delivered over to him an assassin, a man who had been born of distinguished parents. The physician told him that several persons who had taken an interest in his family, had obtained leave of the Minister of Justice that he should suffer death in some other way than on the scaffold, to avoid the disgrace of a public execution, and that the easiest death he could die would be by blood-letting. The criminal agreed to

the proposal, and counted himself happy in being freed from the painful exhibition which he would otherwise have been made of, and rejoiced at his thus being able to spare his friends and family.

At the time appointed, the physician repaired to the prison, and the patient having been extended on a table, his eyes bound, and every thing ready, he was slightly pricked near the principle veins of the legs and arms with the point of a pen. At the four corners of the table were four fountains, filled with water, from which issued small streams, falling into basins placed there to receive them. The patient, thinking it was his blood trinkled into the basins, became weaker and weaker by degrees, and the remarks of the medical men in attendance in reference to the quality and appearance of the blood, (made with that intention,) increased the delusion, and he spoke more and more faintly until his voice was scarce audible. The profound silence which reigned in the apartment, and the constant dropping of the fountain, had so extraordinary effect on the brain of the poor patient, that all his vital energies were soon gone, although before a strong man; and he died without having lost a single drop of blood.

[*La Camelion.*]

GRIEF.

Grief when improperly indulged in or given way to, often proves to be the most destructive of all the passions. Anger and fear, being of more violent a nature, seldom last long; but grief often changes into a fixed melancholy, which preys upon the vitals of the body, reducing the animal spirits, and when it sinks deep into the mind, it wastes the constitution, and generally proves fatal. This passion may always be overcome, or prevented altogether, if reason be allowed to act with full sway, at the beginning; but if indulged in, by giving way to it, and dwelling unnecessarily upon troubles, till it has gained the ascendancy over the mind, attempts to remove it are often abortive.

The most precious cannot prevent misfortunes in life; but it manifests true greatness of mind to bear them manfully. Some persons are so humane and honest in their principles and intentions that they cannot but grieve at

very act of oppression or injustice presented to them; and at the same time, they are so rational, like the patriarch Joseph, when his guilty bretheren stood before him, in Egypt, "he turned himself about from them, and wept; and returned to them again."* Others, make a merit of indulging grief, and when misfortunes occur, obstinately refuse consolation, till the mind become overwhelmed with melancholy, and sink under it. This foolish and effeminate disposition is not only inconsistent with reason and common sense, but it is destructive to health, by preying upon the organs of life. Hence it is utterly impossible for a person of a very dejected mind to enjoy good health. It is true, life may be dragged out during a few miserable years; but all who would live to a good old age, must be good humored and cheerful; for rely upon it, evil passions do prey cruelly upon the nerves, and break the body down the quickest of any thing.—Some as stated have died upon the spot; some have turned gray almost at once; and many other wonderful changes have been wrought upon the body, for want of reason and fortitude.

As the body cannot be healthy unless it be exercised, so, neither can the mind. Indolence nourishes grief; because when the mind has nothing else to think of but calamities, no wonder it broods over them. On the contrary, we find very few people who pursue *business* with attention, ever hurt by grief. Even innocent amusements, where one has no other employment, will lead the mind insensibly to the contemplation of agreeable objects, and help greatly to dispell the gloom which misfortunes may have cast over it. This leads to activity and exercise, and in many instances, may prevent a resort to that abominable, and hurtful practice of drinking the intoxicating draught.

LOVE AND MARRIAGE.

Love is, perhaps the strongest of all the passions, at least, when it become violent or degenerate into lust, it is less subject to the control, either of the understanding or will, than any of the rest. Fear, anger, &c., are pas-

* Gen. cap. 42, v. 24; & chap. 43, v. 30, 31.

sions necessary for self preservation; but love for the continuation of the species; this passion is therefore deeply rooted, in the human mind.

Though love be a strong passion, it is seldom so rapid in its progress as several of the others; but when the affections be let out after any object, whether worthy or unworthy, they generally grow so strong that the victim is seldom able or willing to retract. Hence the danger of improperly tampering with this passion, as it may blunt the reason, and lead its possessor into a labyrinth of inconsistencies, difficulties and troubles, that may ultimately destroy his health, peace and serenity of mind. Hence the necessity of keeping our affections as well as every other emotion of the mind, in due subjection to the dictates of reason; then indeed nothing will be abstracted from our joys, but they will be greatly enhanced, when reason bids, move forward. It would also be advisable to consider well the probability of being able to obtain the object of one's love, before indulging this passion to far; then fewer young fools would pine away of disappointment, or die of a broken heart.

There is no passion with which people are more ready to tamper, than love, though in some instances there be none more dangerous. Some men make love for amusement, others from vanity, or to show their consequence with the fair sex. This is perhaps the greatest piece of cruelty, which any one can be guilty of. Many young women are betrayed into a situation which is truly deplorable, (on account of which or for which the present organization of society may be much in the fault,) before they be able to discover that the pretended lover was only in jest. But there is no jesting with this passion; for when it come to a certain degree, it admits of no cure but the possession of its object.

Some parents act very wrongfully, and cruelly in the disposal of their children in marriage, contrary to the settled choice of such children. If parents always had a due regard for this, there would be fewer unhappy couples, and parents then would not so often have to repent their conduct, after a ruined constitution, or a distracted mind.

A great number of young girls between the age of fif-

teen and eighteen, and of young men between eighteen and twenty four, fall victims to what they call *love*, than to any other particular class of disease; and more particularly in England and Ireland, than in any other country on earth. This is from the force of early impressions peculiar to these countries, and of comparatively recent growth—the effect produced by a certain class of romance writers, at the head of which stands the names, Lewis and Radcliffe, and in the minor ranks of the sickly blue stockings of Newman's. These writers give an obliquity to the young mind, which leads to destruction. Scarcely has a young girl laid down her '*Reading made Easy*,' than she becomes a subscriber to some trashy library, and the hours which, in the country, or in a land where education is unknown, they would employ in jumping about in the open air, are now consumed with intensity of thought upon the maudling miseries of some hapless heroine of romance, the abortion of a diseased brain. Her '*imitativeness*,' as Spurzheim would phrenologically observe becomes developed, and she fixes on her favorite heroine whom she apes in everything,—sighing for her sorrow, and moaning to be as miserable. She fixes immediately upon some figure of a man,—some Edwin, or Edgar, or Ethelbert—which she thinks will harmonize with the horrors of the picture, and she then enjoys her tears and her tortures to her heart's satisfaction. Langour, inaction, late hours, late rising, and incessant sighing, derange her digestion;—paleness, loss of appetite—and general debility follow;—the cause continues, the effects increase, and hectic fever puts an end to romance. We have known a young Irish lady who read herself into this situation. She was, at the age of thirteen, as lively, as healthy, and as beautiful a little promise of womanhood as that country ever produced. When the Leadenhall street troop of romancers crossed her way, an officer of a very different sort of troop became her hero. She would 'sit in her bower,' (the second floor window) and gaze—and gaze—and gaze upon his steed, his helmet, and its streaming black-haired crest, as he passed to mount guard, until she sobbed aloud in ecstasy of melancholy. She never spoke to this 'knight,' nor did she seek to have his acquaintance.—A year passed over—she pined in thought,

and with a green and yellow melancholy,' entered a convent, (for that is the climax of romance) where she died in a few months!—*Portfolio*.

¿What is love? ¿an idle passion?
 Sage advisers call it so;
 ¿Can I treat it, in their fashion?
 Honest Nature, answers No.
 Wise ones, cease; in vain your preaching;
 ¿Has age turned your hearts to snow?
 ¿Can I profit by your teaching?
 All our nature answers No.

ON MARRIAGE.

Let moping monks and rambling rakes,
 The joys of wedded love deride;
 Their manners rise from gross mistakes,
 Unbridled lust or gloomy pride.
 Thy sacred sweets connubial love,
 Flow from affections more refin'd;
 Affections sacred to the dove,
 Heroic, constant, warm and kind.
 Hail, holy flame! hail sacred tie!
 That binds two gentle souls in one;
 On equal wings their troubles fly,
 In equal streams their pleasures run.
 Their duties still their pleasures bring;
 Hence joys in swift succession come;
 A queen is she, and he's a king,
 And their dominion is their home.
 Happy the youth who finds a bride
 In sprightly days of health and ease;
 Whose temper to his own's ally'd,
 No knowledge seeks but how to please.
 A thousand sweets their days attend,
 A thousand comforts rise around;
 Here husband, parent, wife and friend,
 In every dearest sense is found;
 Yet, think not man, mid'st scenes so gay
 That clouds and storms will never rise;
 A cloud may dim the clearest day,
 And storms deform the brightest skies.

But still their bliss shall stand its ground,
 Nor shall their comforts hence remove;
 Bitters are oft salubrious found,
 And lovers quarrels heighten love.
 The lights and shades and good and ills,
 Thus finely blended in their fate;
 To sweet submission bow their wills,
 And make them happy in their state.

Investigator.

Matrimony.—In the course of his inquiries, Dr. Rush never met with one person beyond 80 years of age who had never been married.

Doctor Casper also, considered that married people are much longer lived than the single. He asserts that, in the case of females, the mean duration of life for the married woman of twenty five, is above thirty six and a half. At thirty, there is a difference of four years in favor of the married; at thirty five, two years, and so on. With respect to men, he asserts from Deparcieux's and the Amsterdam Tables, that the mortality of those from thirty to forty five years of age, is twenty seven per cent, for the unmarried, while it is but eighteen for the married; and that for forty-one bachelors who attain the age of forty, there are seventy-eight married men. In advanced life, the difference is still more striking. At the age of sixty, there are but twenty-two unmarried alive, for forty eight married; at seventy, eleven bachelors for twenty-seven married men; and at eighty, for three bachelors who may by chance be alive, there are nine married men. Nearly the same proportion holds good, with respect to the female sex, seventy married women, attain the age of forty five, while only fifty two unmarried reach the same number of years.

MELANCHOLY.

Some persons are more of a melancholy temperament than others. They dwell too much upon adverse incidents, and suffer a continual gloom in the mind, which may be seen hang over their countenances. The effect of this is, a press upon the nerves and other organs of life, in such a manner as to prevent their proper and

healthy operations. Often the brain becomes badly affected, the reason disturbed, and the fairest prospects vanish, and those very objects which ought to give delight, afford nothing but disgust. Life itself becomes a burden, and many of these unhappy wretches, persuade that no evil can equal what they feel, put an end to their own existence.

The best way to prevent or dispel this passion, is to keep the mind closely engaged in some useful pursuit. Exercise of the body and the mind, are strengthening and healthful to both.

Many persons of a religious turn of mind, behave as if they thought it a crime to be cheerful. They imagine religion consists in certain mortifications, and denying themselves of proper and healthful indulgences, and even the most innocent amusements. Some will scarcely walk in a garden, orchard or lawn, or even converse cheerfully with a friend, at certain times and days.

Persons who undertake to recommend religion or expound religious topics to others, should beware of dwelling too much upon gloomy and terrific subjects. Many persons have been unnecessarily alarmed, insomuch that they have given way to dreadful discouragements, and finally sunk under the gloom and terror, into what is called religious melancholy; numbers have become quite deranged, and some have died under the effects. Terror may, in some instances, deter men from some acts of wickedness, but it can never inspire them with the love of innocence, and real goodness, which alone can preserve both mind and body from corruption.

EXERCISE.

Some people look upon labor, or the necessity of earning their bread by the sweat of their brow, as a curse. But it is *evident*, with the structure of body that we are framed with, that exercise is not only necessary for the preservation of the health, and happiness of mankind, but likewise for the preservation of that noble structure of limbs and organs with which we are built up, from making a gradual decline in beauty, or form, in one part

or another, in the process of time. This may be a new idea to some; but it is no less true. For instance, let any one confine a hand, a foot, or an eye, from exercise for some years, and he will find that in this state of unactivity, there will be nothing to call forth the fluids which are always necessary to sustain and expand the idle member. In the mean time, those sustaining particles being turned away, are applied to that part which is exercised, and it will thus receive additional life, strength and size, while the unactive part will continue to decline. Then, if this be true, what must be the consequence of general and habitual unactivity of the whole body, for days and years,—where persons thus loll on easy chairs and sofas, and sleep upon beds of down? Surely it is calculated to induce a universal relaxation of the solids, which dispose the body to innumerable diseases. When the solids become relaxed, neither the digestion, nor any of the secretions, can be duly performed. So, if this unwarrantable habit could even be indulged in for a few succeeding ages, may we not easily conjecture what a helpless, degenerated and deformed progeny mankind would at last bring forth.

It is very common now, to meet with various cases of glandular obstructions, which we know in many cases proceed from unactivity and excesses; and these are among the most obstinate maladies. But so long as the liver, the kidneys, and other glands, perform their functions, health is seldom impaired; and, when they fail, nothing can restore it. Exercise and temperance, with some proper diluent, stimulant, and tonic medicines, aided by the vapour bath, is the only cure that I know of, for glandular obstructions.

Laws have been enacted, in some countries, obliging every man, of whatever rank, to learn some mechanical employment; and if that were the case here, it would be a thousand times better for the people of these United States, than to have the foolish, unnatural and unjust laws that some of ours are. If gentlemen who are not in the habit of doing any manual labor, were frequently to amuse and exercise themselves, in some mechanical employment, it would have many good effects. They would not only promote their own good health, and

lengthen out their days of cheerfulness and happiness, but they would set before some of their neighbors an example, which it would animate them to follow. The honor they would derive from a few masterly specimens of their own workmanship, would be, more than the character of having ruined their companions, by gaming and drinking. Men of leisure, by applying themselves to the mechanical arts, might make many useful improvements therein, to the great benefit of society.

Indolence, not only occasions disease, and renders men useless to society, but promotes all manner of vice. To say a man is an idler, is nearly synonymous with calling him vicious. The mind, if not engaged in useful pursuits, will be in quest of idle pleasures, or impressed with the apprehension of some imaginary evil. From these sources proceed most of the miseries of mankind.

SEDENTARY EMPLOYMENTS.

Enough has been said to show that active employments are conducive to health; but as there are many artificers who are obliged, from the nature of their occupations, to remain much in one posture of body, for many hours together, every day, it may not be amiss, here, to make a few incidental remarks thereabout. And, although sedentary employments are necessary, yet there seems to be no reason why a person should be confined for life to these alone. Were such employments intermixed with the more active and laborious, they never would do hurt. It is the constant confinement and a want of proper exercise at intervals, between working hours, that ruins the health. A man who *is healthy*, will not be hurt by sitting, or being otherwise confined within doors, during five or ten hours in a day; but it is he who may be obliged to sit from ten to fifteen hours, in the twenty four, who will become diseased. With reasonable hours employed, and proper care and exercise between whiles, all danger will be remedied.

There are circumstances connected, in too many instances, with some sedentary occupation which are worse than the confinement. For instance, where there be a

dozen of tailors, shoemakers, or the like, crowded together, in one small apartment, and they be forced to breathe the same atmosphere, over and over again, it is not wholesome. A current of fresh air, and a brisk fire, would tend greatly to purify the air in the apartment. Air that is breathed repeatedly, becomes unfit for expanding the lungs, and may tend to bring on coughs, and other complaints of the breast and lungs, incident to sedentary artificers.

Where there be a great number of persons at work, in too small apartments, the perspiration from their bodies, tends to render the air unwholesome. And if many candles or lamps have to be used, it will still be worse. The danger here will be increased, if any one of the company have bad lungs, or be otherwise diseased.

Mechanics, such as shoe-makers, tailors, cutlers, and all others who follow any sitting employment, ought, at all times, to guard, as much as possible, against the habit of bending their backs. A bending posture obstructs the vital motions, and of course destroy health. Hence we find such artificers generally complaining of a want of digestion, head-aches, pains in the breast, &c.. For whatever inclination they wish to give their bodies, forward, let the bending hinge be the hip joints: then the posture will not compress the inward organs; but will leave the lungs at full liberty to become inflated properly, so that the air can have free access into all of the parts of this organ. The bowels, too, will be more at freedom to perform their proper work, and will not be half so likely to become constipated or costive. They should change their posture frequently, and never sit too long at a time; but leave off work, and walk or ride, run, or do something that will promote the vital action of the system.

An excellent plan for sedentary artificers, would be, to cultivate a piece of ground, with their own hands. Thus, a man might dig, plant, sow, weed and hoe, at leisure hours, so as to make it both an exercise and amusement, and at the same time the product of this amusing exercise would procure many of the necessities of life. After working an hour in the garden, a man will return with more keenness to his employment within doors, than if he had been idle all the while.

STUDY.

Thinking, too long and intensely, may become destructive to health, especially when joined to the want of exercise. The want of exercise, &c., with their consequences, have heretofore been pointed out, to which the reader can refer; and, as to study, it is altogether a local effort of the organs of thought; and hence it follows, that if these organs be exercised too intensely, or over-worked, the effect is similar to that upon any other part of the body, when any excess of motion, or even motionless state, or posture, be long maintained. Such extreme actions always rob some part or parts of the body of the proper fluids which supply the organic life, by thus calling forth the active fluids, in order to sustain such effort or action. Then, at the same time, the other parts or recipients of the excess of those fluids, become surcharged therewith; and if impelled in too great quantities, to the brain, as that is the organ of sense and thought, I do not see but what it would be as bad, or even worse, than on any of the muscular members of the body, which we know may also be injured or even ruined by extreme or long continued exertion. I believe the effect to be somewhat similar to a sprain or a bruise. It is true, at first thought, they may appear very different, being produced by causes, apparently so different; but let us recollect that a bruise is a sudden concussion or pressure upon some part, and so is the sprain, a kind of pressure, and likewise, the act of calling forth too forcibly, and thus exercising too strongly the vital fluids, to sustain any particular part or organ, agreeably to the dictates of the will, the consequence must be, in some degree similar. And to cure either of these maladies, the cause must cease, or be removed, and similar remedies applied in the one case as in the other, and, as nearly as possible, to that part where the disease be seated.

Long and intense thinking, calls forth the energies from the stomach, to assist the brain, as above explained, and thus the brain becomes surcharged and over-worked; which stops the due circulation, until the organs become injured by the undue strain of pressure, and the fluids become vitiated, which then occasions grievous head-

aches, which bring on vertigoes, apoplexies, palsies, and other fatal consequences. The best way to prevent these, is never to study too long at one time, about the same thing; but when the organs of the mind become weary, to take to some bodily exercise, and change the thoughts to something else, for a time and take some Thomsonian No. 1, 2, 3 and 4, in their order, and occasional steamings, to enliven, warm, brace and tone up the active vital organs; then study will never hurt any one. The organ of the mind, when too long and intensely applied, like a bow always bent, loses its elasticity. Hence the solids become weak and relaxed, and lose their power of action. The circulation of the liver becomes too slow; the biliary organs cease to perform their proper functions, and the natural consequence of this unactivity will be great obstruction, causing jaundice, indigestion, loss of appetite, and often a wasting away of the whole body.

Studious persons, who be necessarily much within doors, should make choice of sufficiently spacious and well aired apartments for study.

Those who read or write much should be very cautious about their posture of body. They ought, if possible, to sit and stand by turns, always observing an erect posture as possible.

When the mind become fatigued with business or study, it might be well to walk or ride five or ten miles, and spend several hours with a cheerful friend, and I think the essay would never fail of producing a happy effect, and rendering the performer more capable of returning with renewed vigor and alacrity, to his business or studies.

With regard to diet, the studious should always take light suppers, or, early in the evening; and let their food generally be of that kind which is light and easy of digestion. They ought to be cautious about that which is sour, rancid, hard of digestion or likely to produce flatulence.

AIR.

Unwholesome air, by being continually inhaled into the lungs, and thus entering into the very vitals and blood,

often becomes a very common cause of disease. Air, as well as water, becomes impregnated with parts of most bodies, with which it comes in contact, and is often so heavily charged with those of a noxious quality, as to occasion immediate sickness, and sometimes death.

Whatever greatly changes the degree of heat, cold, moisture, &c., of the air, renders it more or less unwholesome. Very cold air obstructs perspiration, constricts the glandular system, thickens the fluids and obstructs their free passage, thus bringing in rheumatisms, coughs, catarrhs and other diseases of the throat and breast. Air that is too moist, destroys the elasticity of the solids, induces phlegmatic or lax constitutions, and disposes the body to agues, intermittent fevers, dropsies, &c..

Whenever air stagnates long, it becomes very unwholesome. Hence persons confined in unventilated jails and prisons, and the inhabitants of low, dirty habitations, in towns, &c., not only contract malignant fevers themselves, but often communicate them to others. Delicate persons ought, as much as possible, to avoid the air of great towns, as it is peculiarly hurtful to them.

Small closets and concealed beds, and unventilated apartments, are extremely injurious, especially to young or unhealthy people. When people are, from necessity, obliged to sleep in such places, they should, every morning, immediately after rising, displace the bed clothes, and if the weather be dry, to open what doors, or windows there may be, to admit a free access and passage of pure air. While we put in practice the various methods, which luxury has invented for making houses close and warm, we should also have them well adapted for a free passage of pure air, without which no habitation can be healthy. Beds, instead of being made up immediately after rising out of them, should be shaken up and left to air, in a free current, for several hours, which will expel any noxious vapor, which, cannot fail to promote the health of the lodgers. Bed rooms having an impure air, should be white-washed once or twice in every year; and between whites, if thought needful, the purity of the air in the room may be restored by wetting a cloth in water mixed with quick lime, and hanging it in the room until it be come dry, and renewing the operation as often as may be thought needful.

It is found that most plants have the property of correcting bad air, within a few hours, when they be exposed to the light of the sun; but that the consequence is contrary, during the night, or in the shade, as they then corrupt the atmosphere. Hence it is a dangerous practice, to have shrubs or plants in bed-rooms during the night.

To prevent the effects of noxious vapors in wells, cellars, &c., produce a free circulation of air, either by ventilators, or opening the doors and windows, where it is confined, or by keeping fires in the infected place. Old wells, vaults, and sewers, which have been long shut up from the air, are generally occupied by vapors, which would soon prove fatal to persons breathing in them. When such places be opened to be cleaned out or repaired, a lighted candle should be let down slowly into them to the surface of the water or whatever substance may cover the bottom, before any individual be suffered to enter; and if it burn freely until it get to the bottom, the workmen may descend with safety. But, if without any accident, the candle be extinguished, and be so, at repeated trials, then the air of the place is highly noxious. It may be dispelled by burning a bundle of shavings, or throwing, therein, a few shovelfulls of burning coals, or, several buckets of fresh water. When using any of these means, open the ventilator also, as above directed.

Infected air may be driven out of wells, vaults, &c., by fixing to a smith bellows, one end of a leather tube, with the other end thrown into the infected apartment, and blowing therein for half an hour.

Persons whose business requires them to be in close places with lighted charcoal, frequently experience head-ach, giddiness, and other disagreeable effects, occasioned by the noxious vapors which it exhales, and some have their health impaired, or their lives endangered, by a continuance in such employments. Persons whose work requires charcoal fires, may prevent the dangerous effects, by taking care not to sit near it when burning, or to burn it in a chimney, and if there be no chimney, to keep a door or window open, and place a large tub of limewater in the room, near the stove in which the charcoal be burnt. The lime-water strongly attracts the sufficating gass, arising from the ignited charcoal, and preserves the air pure.

SLEEP.

Sleep, as well as diet, clothing, air and exercise, ought to be duly regulated. Too little sleep weakens the nerves, exhausts the flow of animal spirits, and occasions disease; and too much, renders the mind dull, the body gross, and disposes to apoplexies, lethargies, and other complaints of a similar nature. A medium in this, as well as every other refreshment, ought to be regularly taken as conveniently may be. Children require more sleep than grown persons, the laborers more than the idle, and such as eat and drink freely, than those who live abstemiously. But with all of the rules that can be laid down, every one ought to exercise his own best judgment, for the necessary quantity of sleep cannot be measured by time; as one person will be more refreshed by five or six hours, sleep, than another will be, by seven or eight.

Children require more sleep and oftener, than adults, and may generally be allowed to take as much as they please. For adults, six or eight hours is certainly sufficient. The best way to make sleep refreshing, is to rise early. The custom of lying in bed nine or ten hours at a time, not only makes sleep less refreshing, but it relaxes the solids too much, and greatly weakens the constitution.

Nature points out the night as the proper season for sleep; and a habitual deprivation of the required portion of sleep, in the proper season, is destructive of health. It is a great pity that a practice so unreasonable, should be kept up as much as it is with some, especially in cities. How quickly the want of rest in due season will blast the most blooming complexion, or ruin the best constitution, is evident from the ghastly countenances of those, who, as the saying is, turn day into night, and night into day.

It is necessary always to take food into the stomach, within a few hours of the time of going to bed; yet that light suppers promote sound sleep, is true to a proverb. Many persons, if they exceed but a few mouthfuls at a meal, are sure to have uneasy nights. When they sleep, the load and oppression on their stomachs, occasion frightful dreams, broken and disturbed repose, night-mare, &c.. Were the same persons to take light suppers, a few hours

before going to bed, and just before retiring, to take a good dose of our composition, No. 2 and 3, or No. 4, and occasionally a good stimulating clyster in the rectum, they would never be troubled with night-mare, &c..

Anxiety of mind, from any cause whatever, always disturbs our repose. For this also, I would recommend the above medicines, with the addition of Nerve Powders or Drops; and at the same time to keep the mind as composed and easy as possible. In these ways the great control that almost any one may have over himself, in a short time, will not be less beneficial than astonishing.

Some people, when they go to bed, cannot sleep, for a long time; for this, early rising is one grand remedy. Some do rise early and yet cannot sleep early. For this, they should rise, half an hour *earlier*, every morning, until they find it produce the desired effect. And along with this change, may be taken, every night, some of the above medicines, until the desired effect be produced.

EVACUATIONS.

The principal evacuations from the human body are those by stool, urine, insensible perspiration, expectoration, and menses in females of certain ages. None of these can be long obstructed without impairing health. When that, which, according to the course of nature, ought to be thrown out of the body, be too long retained, it occasions phlethora, or too great a fullness of the vessels, which often lays the foundation of dreadful disorders. As the disorders arising from obstructions of these natural evacuations, are treated of, under the heads of Costiveness, Stranguary, Gravel, Perspiration, Obstructed Menses, &c., I shall not enlarge upon those subjects in this place.

FOUL TEETH.

The teeth sometimes, become yellow or black, without having any outward matter observable on them; at other times they become foul, and give a taint to the breath, in consequence of the natural mucus of the mouth, or by a

part of the food remaining attached to them. Another very common cause of foul teeth, is the substance called tartar, with which the teeth often become almost entirely encrusted. When this substance be allowed to remain upon the teeth, it corrodes the enamel, and if not soon removed and great care taken, soon destroys it altogether. It also insinuates itself between the teeth and gums, down to the jaw bone, and in time will loosen the teeth in their sockets and destroy them altogether. When the teeth become loosened or injured with this rust-like tartar, nothing will fasten and restore them again, until that be removed; and this ought to be done early, otherwise it will not arrest their utter decay. For this purpose, a stiff tooth brush and the Thomsonian Tooth Powder should be used twice in a day, at least, until they become clean and smooth, rubbing them well, down under the gum, just as far as this crust be found. A clean, fine linen or silk rag may be used at times instead of a brush. After the tartar be removed, be careful and never let it return. It may be prevented by following the directions given in this work. Persons who have taken much of the mineral doctors' poisons seldom fail in having their teeth ruined by their deadly effects. Hot teas, and coffee, and other things, when taken much above blood heat, cause the teeth and gums to contract cold, which is very hurtful to them.

Loosened teeth should not be used until they grow fast again; and at the same time very tender care should be taken of them, until they become firm. The loosening of the teeth in old people cannot be remedied, because it is owing to the wasting away of their sockets, which had hitherto been their support.

The preservation of the teeth, is certainly an object which merits our serious attention, as the loss of them is a hurt to the voice in speaking, as well as in the mastication of our food, and the beauty and form of the mouth. Clean teeth also tend much to preserve the health of the body, as well as the balmy sweetness of the breath. When a quantity of this diseased matter which adheres to the teeth be suffered to remain, it becomes not only very nauseous and destructive to the teeth and gums, but, in the act of masticating the food, more or less of it is al-

ways liable to become intermixed therewith, and taken into the stomach: Then the nauseous miasms thereof, will be conveyed to the lungs and taint the breath, to the liver and taint its secretions; and hence the blood, and organs of life, become tainted with the miasms of this diseased filth.

Furthermore, I would here caution the public against all of the dentifrice powders, so much advertised in the newspapers, as most of them are extremely suspicious; and there is strong reason to think that they are not altogether free from corrosive substances, which never fail, sooner or later, to destroy the fine white coating of the teeth, and leave them a prey to rust and tartar. It is much better to merely wash the teeth, frequently, in soft tepid water, than to use any injurious composition thereon.

TOOTH PICK.

It is too common a practice with some, to pick their teeth with brass pins, penknives, and other metal substances. Brass is poisonous, in the mouth, and they all are too hard, and otherwise very unsuitable instruments for that purpose. Even silver, as is often used for that purpose, I would not recommend. The best thing that I have ever found for a Tooth Pick, to remove any particles of meat, fruit or the like that may stick between the teeth, while eating, is the barrel of a common goose quill, pared down to a suitable point. It is elastic, less hard, and not gritty, or poisonous. It costs but little or nothing, and is light and convenient, always to carry in the pocket. The tooth pick, however, cannot be depended upon, alone, for the preservation of the teeth.

TOOTH EXTRACTION.

When all has been done that can be done to preserve the teeth, and they still continue to decay, and rot away, it will be best to extract them. This will be better on several accounts. An important one is, that if the tooth become much decayed, there will be danger of breaking

it off, and leaving the root in its socket, in such a manner as to expose the nerve, and the jaw, much to cold. When broken off in this way it is seldom that it be ever extracted, and indeed it is a thing almost impossible to be done with the ordinary Tooth Extractor.

The common instrument for extracting teeth, is properly called a "TOOTH EXTRACTOR;" By some it is called "*tooth drawer*;" by others, a "*forcer*," and by some it is vulgarly called a "*turn-key*." This latter appellation, no doubt has been applied on account that a part of it bears some resemblance to the *key* of a common lock; but again, other parts of the instrument no more resemble a key than a gimblet, or a woodman's log hook.

EXTRACTION OF TEETH. Many are by far too fearful of the operation; too careless about having their decayed and useless teeth extracted, even after they become not only entirely useless for masticating food, but very injurious to the adjoining ones. Others again, are by far too liberal in disposing of them, when extraction be unnecessary. If the first fit of tooth-ache be relieved by throwing the cold off, by a course of medicine or otherwise, the disorder will frequently, for years, or for life, be suspended, and the tooth remain useful, which by a precipitate extraction, would have been unnecessarily lost.

When about to extract a tooth, the patient should take one or two doses of No. 6 and 7, to ease the pain and quiet the nerves; and if necessary, a dose or two of the Bitter Nerve Drops. Then let the patient sit with his face toward the light; open his mouth wide, and lay the tongue as far as possible from the tooth which is to be extracted. Next, the operator, having a good sharp lancet with a long handle, should carefully separate the gum from the tooth, as far, and as deep as possible, taking care to keep the sharp edge of the lancet close to the tooth as possible, while cutting around it. When this be done, the operator should see that the hook or claw, be of a proper size for the tooth, and placed upon the proper side of the fulcrum of his Extractor. Then, if the tooth be in the left side of the upper jaw, the patient should sit upon the floor, or some low seat, and the operator standing, exactly behind him, let the patient lean a little backward, and rest his head against the practitioner, who

holding the extractor firmly in the right hand, and its claw, in his left, should rest the fulcrum against the upper edge of the jaw or root of the tooth, and pass the claw as far as possible, up between the tooth and gum, at the other side, so as to take a good hold on the tooth, as near the root as practicable; turn the handle sufficiently to ascertain whether the hold be a firm one, and all parts be properly adjusted, let the shank rest lightly upon the fore teeth, which, like a secondary fulcrum, will, in some measure, steady the extractor, and the hand of the operator, who by this means will be assisted in raising the tooth from its socket, more in perpendicular direction, which cannot fail to facilitate the operation. Then, with a composed mind, a firm and unfaltering hand; by a *single turn*, (which should not be by a jerk or violence,) made with a slow, regular movement, the tooth will come out of its socket.

If the tooth which is to be extracted be in the opposite side, or in the lower jaw, then the patient should sit upon a chair to have the gum separated from the tooth as above directed; when this be done, the operator, still remains before the patient; places the Extractor on the tooth, in every particular, similarly as above directed, and with a single turn, made with a slow regular movement, raises the tooth out of its socket.

In all cases after a tooth be extracted, the operator should have in readiness a little cotton or lint, and form a small plug thereof, just the size of the root of the extracted tooth, open the plug to the centre and drop in some fine No. 2, or Styptic Snuff, or both of them; then saturate the plug with No. 6, and plug the socket, from which the tooth was extracted. When this be done, give the patient a dose of Composition, with one or two teaspoons full of No. 6 in it, and bathe the face over the affected jaw, with No. 6 also. Repeat the doses and bathing every fifteen or twenty minutes, until all pain cease, and the patient will soon be well. If bleeding should continue from the orifice in the jaw, use more of the Styptic Powder, and drink plenty of the hottest medicine ye have, and if these do not stop it, then steam the patient, and it will equalize the circulation throughout the system, so that there will be no further *pressure* of blood to

the head, when all unpleasant symptoms will disappear. —The latter part of these directions are merely for extreme cases.

OFFENSIVE BREATH.

Sweetness of breath depends much upon the healthy condition of the mouth, teeth and digestive organs; hence whatever tends to disease in these parts, generally renders the breath more or less offensive.

One very common cause of bad breath, is an unexcusable neglect of the teeth and gums, causing the teeth to decay, and the gums to become spongy, and of a livid color, and liable to bleed from the slightest injury. To preserve the breath sweet and pure, great attention should be paid to the general health—of the digestive organs, as well as to the mouth and teeth, which should always be kept clean. The mouth should be frequently rinsed and gargled with tepid water,—never cold, nor hot; especially in the morning, and after meals.

Intemperate eating of flesh and other strong food, renders the breath more disagreeable and offensive than plain, simple fare. There are cases on record, of persons having what is termed canine appetites, who were known to have not only bad breath, but peculiarly offensive exhalations from the surface of their bodies. It is a curious fact, too, that many of the carnivorous animals have a fetid breath; while the breath of the granivorous animals have no unpleasant odour.

The use of tobacco, whether in chewing or smoking, gives a strong and highly disagreeable taint to the breath, of individuals who indulge in it, and which cannot be got rid of by the most scrupulous attention to washing and cleaning the mouth, so long as the habit be persisted in.

Bad breath is occasionally produced by ulcers in the throat and lungs; but the presence of these ulcers may be determined by other symptoms,—rendering any one so affected, a proper subject for medical treatment.

But among all men who may have an offensive breath, that of the drunkard, is the most loathesome. Even the daily use of ardent drink will destroy the sweetness of the breath, whether attended with intoxication or not.

To preserve the breath sound and pure, daily exercise in the open air, is very important. Upon this, in connexion with temperance in all things and abstinence from tobacco, and a regard to other observances, heretofore recommended, depends the healthy condition of the mouth, stomach, lungs and the purity of the breath.

HOW TO PROVE THE SOUNDNESS OF THE LUNGS.

First, draw in a full breath, and then begin to count, and count as far as ye can, slowly and audibly, without again inflating the lungs; note carefully the number of seconds that can be continued, thus counting. In confirmed consumption, the time does not exceed eight, and is often less than six seconds. A person with sound lungs may continue to count, from twenty to thirty seconds.

For further remarks about health and breathing, see Doctor Thomson's "LAWS OF LIFE," hereafter, which is a very interesting chapter.

BREATHING, OR LAWS OF LIFE AND MOTION. [*Extracted from the New Guide.*]

1. Clearly to understand the laws of life and motion, the radical principles of animalization is of infinite moment. Without some adequate views and conceptions of these, the nature of disease cannot be correctly understood, neither can we have knowledge to prescribe a rational, safe, sure and certain remedy for the removal of disease.

2. Through many long and tedious seasons, these subjects had revolved in my mind, before I could form what I considered a correct opinion. I witnessed many distresses in the family of man; my heart was pained with many sorrows, until my mind was established in these simple truths that have laid the foundation of my practice, that has been so successful in subsequent years.

3. Persecution raged against me;—all the presses in

the country were closed against me;—Priests, Doctors, lawyers and legislators were combined against me;—*Ex post facto* laws were put in operation;—prosecutions commenced;—false witnesses arose;—bigotry, prejudice and superstition, like Salem witchcraft, waved their magic wand, but all in vain;—truth has prevailed. The darkness of the ancient philosophers is passing away, and those simple truths, which are the genuine *Philosophy of life*, and the fruits of the labor of my life, began to prosper beyond my former expectations.

4. When Napoleon stood in arms and was acknowledged Emperor of France, the nations were frightened;—when a prisoner, the kings of the earth trembled for fear of him;—they dared not suffer him to go at large on main land, but assigned to him a more safe retreat in the solitudes of the Island of St. Helena.

5. The writer is aware that the success of his system has carried equal terrors, into the ranks of medical opposition. Their malice and persecution, that brought him to the dungeon and chains, were the fruits of envy and fear. I have driven the college faculty to fly to *law legs* to stand upon, because the strong tide of public opinion, confirmed by testimony, set so heavy against them, that they had no other way to rise over the steam doctors and keep them down.

6. The difficulty appears to have been, that the steam faculty were, in many instances, so inclined to receive instruction, that they became natural philosophers in faith and practice. Following nature, they were successful practitioners;—they could relieve distress and remove disease, when by the regular college doctors, hundreds were hurried to their long homes.

7. Among those physicians called regular, I have found many who appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

8. I have now commenced a chapter, *seperate discourse* or SERMON, if ye like that name better. It will fall to my lot to show that my text is one that has never been preached from before by any man, also that there never has been a sermon preached without it, and when the text

and sermon be fairly before you, and correctly understood, a philosophical reason can be assigned for the cause of life and motion, in all that lives and moves.

9. My text is recorded in the mouth of every thing that breathes.

☞“BREATHING”☞ is my text. - If it has been a text for texturians, before, it is unknown to me. They may have treated of respiration, but if they have not understood their subject, they might as well have been silent.

10. *Breathing* is a demonstration of the existence of *animal life*. The principle of life has been thought to be *SUPER-natural*. Leave out the *SUPER*, and say the cause of life and motion is *NATURAL*, perfectly and entirely natural, and we will concede to the truth of the assertion.

11. The cause of breathing, or of animal life and motion, we shall carefully examine. Steam machinery is propelled by steam, which is a species or kind of breathing.

12. In animal or human bodies, the constituent or component parts are essentially the same in beast or man. Animal bodies are composed of earth and water. These constitute the substances, dimensions, shape and size of bodies, and give or constitute solidity in what are denominated solids.—These elements being constituted of various, still more simple, elementary principles, which may be subdivided again and again, does not militate more against our position, than the infinite diversibility of numbers in decimal arithmetic, destroys the unity of numbers.

13. *FIRE* and *AIR* are properly the fluids that pervade and fill and actuate the living animal; their operation is life—the elementary principles of life, which keep the animal machine in motion. Where heat is extinct the animal body is dead. *HEAT* and *AIR* combined, are so modified in the living, moving animal, as to constitute the living state, and justify the assertion that cold and unaction is a state of death, or rather death itself; and a specific degree of heat and motion so combined and modified, in the essential principle of life in the living animal, yea, rather life itself.

14. Waiving all the minutiae, chemical divisions, and subdivisions, in simplifying elementary combinations, that constitute *BODIES dead or living*, the four great original

elements of AIR, EARTH, FIRE and WATER, contain and comprise all the more simple elements of which they may be respectively composed.

15. A specific association, due proportion, mixture or combination of these four great elements, in an organic animal body, constitutes the living state, and prolongs life;—an improper disposition, combination and modification destroys life.

16. To illustrate the nature and cause of respiration, or breathing of the living animal, we will refer to the operation of fire and water. Put a skillet of cold water over the fire; in a few minutes immerse one hand therein, and the warmth of the water will be perceived to be at the top or upper surface; the cold water will be at the bottom of the skillet, nearest to the fire. The reason of this is, as soon as it becomes warm, it becomes rarified and lighter, and rises; and just as it becomes warm it becomes active by the same cause, until it be all in a state of ebullition or boiling, and wastes by steam, sweat or breath, perspiring or respiring, until it all evaporate. This shows that heat rarifies and lightens water.

17. The subject may be farther illustrated by reference to the effect of heat in the atmospheric air. Ye build your house in the open atmosphere;—the house is filled with air, within;—the air within is a counterbalance or resistance to the weight or power of the surrounding air without; the balance within and without is equal in *coldness* and *inaction*, resembling a state of death. To produce action, motion, or breath, build a fire in the house, the doors and window sbeing closed in the usual manner; in a few minutes, every door and window begins to hum and sound the march of air. The air within becomes rarified and lighter than the air without; and the air without presses in at every crevice to restore or form an equilibrium with the air within; the hotter and stronger the fire, the stronger will be the current of breath, or force of BREATHING AIR.—As the heat diminishes, the noise and breathing current of air will decline in force of operation; and when the heat become extinct, and the equilibrium be restored, the noise and motion will entirely cease.

18. The effects of heat rarifying and lightening water and air, and occasioning a breathing motion, resemble

and illustrate in some degree the breathing, sweating and functional motions of the animal machine. The constituent or component parts of men's bodies, give organic shape and size, and from the functional structure or organization to the machine. The peculiar mixture, composition, proportion and modification of these elements, constitute its aptitude or adaptation to the animalizing influence of FIRE lightening air and exciting breathing motion, and all the concatenation of motion connecting with this original and primary action, all evincing that heat is an essential principle of life; and cold, or an extinction of heat, is death.

19. A still-born child was resuscitated by placing the placenta or after-birth, on live embers still connected to the child by the umbilical cord or naval-string. As the afterbirth began to heat, and had gained warmth sufficient to fill and dilate the naval-cord with warmth and moisture, it was squeezed along toward the body of the child, and through this medium, a sufficient quantity or degree of heat and warmth was conveyed to the body, and the lungs expanded and life was restored. This may serve in some degree to illustrate and confirm our ideas of life and motion.

20. In every thing that breathes, the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies. Without heat there can be no breathing. Where heat be continually generated in a confined room, excepting at one avenue, *as in the lungs*, there must be breathing, or what is the same thing, an inhaling of cold air, and an exhaling of a gaseous vapor from them.

21. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, proportioned to that degree of living power to keep up the operation of all the animal functions, essential to the perpetuating of the peculiar specific form and mode of being in such animal.

22. The heat of animal fire, or that degree and condition of it that constitutes the living state of animalized existence, is maintained and continued by a suitable supply of appropriate fuel, or materials that are naturally adapted to that end or use; THESE ARE FOOD AND MEDI-

CINE. These harmonize with each other in their salutary effect, or natural influence, in animal bodies.

23. Food and medicine originate from the same munificent hand, grow in the same field, and are adapted to the same end and design,—that of supplying fuel to the fire of life, to sustain and nourish the animal machine, by warming, dilating, filling the vascular system, maintaining the action, and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

24. The continuance of that state of warmth and action which constitute the living state, depends upon these supplies. When food be masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion and the gastric juices, the food is decomposed or consumed like fuel consuming in the fire. The breath and perspirable vapor are the smoke arising from this fire. The feces matter of dejections are as the ashes or earthy substance remaining after the consumption of fuel.

25. To understand the cause and nature of life and death, or of warmth and motion, of cold and unaction, it is necessary to advert to general principles, and the analogies of nature.—There is one general cause of the natural sensations of hunger, and one general method to relieve that want, or satisfy and relieve that sensation.—Suitable food relieves hunger when taken into the stomach.

26. In perfect accordance with this, there is but one immediate cause of disease. However varied the remote cause may be, the immediate cause of the sensation of disease is uniformly and unvariably the same,—differing only in degree, and incidental diversity of symptoms, occasioned by local injuries, organic lesion or functional derangement, dependent on these, or whatever might predispose to a diseased state.

27. As there is one general cause of the sensation of hunger, to be relieved by one general method;—namely by food; and this food, may consist of sundry articles adapted to the same general end, so there is one general or immediate cause of the sensation of disease, to be re-

lieved or removed upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body, than an epicurian variety, so disease is more readily and certainly removed by a few simple remedies, that are best suited to the human constitution.

28. Medicine that will most readily and safely open and remove obstructions, promote perspiration, and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease, and must be universally applicable to a diseased state of the human system.

29. Thus I have given a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body in a living state, whether healthy or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than any inherent power or faculty of acting. *HEAT rarifying and lightening air*, excites respiration;—and the same heat rarifying and lightening water, excites perspiration. Rarifying and lightening air and water, the vapor of breathing and sweating are produced and thrown off.

30. By heating the water in the stomach, we lighten and expand the air in the lungs; then, the cool, condensed and weightier external air, presses into the lungs and forces out the light, rarified air. These circumstances of the living state of the animal body, occasions the alternate contractions and dilations of the lungs, that constitute the action of breathing, undispensible to the living state.

31. By heating water in the stomach and air in the lungs, we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine. Some of the fundamental principles of action are the same. In inspiration, cool air is inhaled;—in respiration the rarified, lightened air and vapor, are exhaled or thrown off, out of, or from the *steam pipe*. This action by which steam is expelled, the whole machinery of the living animal, is kept in operation;—the great fountain pump of the heart is

kept in play, and pumps the blood through the lungs and arteries, to the extremities, deep in the flesh and near the bones, which is returned in the veins. The warmth and action commencing at the fountain, are propagated through the system to the remotest extremities.

32. So long as the fire keeps up that state and degree of warmth essential to the living state of the animal body; or to speak figuratively, so long as the fire be kept good and the boiler hot, to keep the engine at work, so long the pump will go.

33. Our regular meals supply regular fuel to keep up animal heat, as the regular feeding and tending a fire with wood, will keep it burning.—Drink supplies the boiler with water, which is converted into the steam, &c..

34. On these principles of the philosophy of life, we may expect a regular well formed machine to continue its operations until worn out, or broken by the indiscretion and bad management of the engineer.

35. If the machine be entrusted to the management of an ignorant, uncompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent in the discharge of his duty, thy *steam boat*, will begin to fail in its speed for lack of fuel to keep up the fire, and water to supply the steam, or the engineer may conclude the cholera affects the machine, and will cast ice into the boiler to cool it down, or tap the boiler as a preventive or remedy, and draw off the hot water,—his boat will begin to sink rapidly and go down the stream. This is done by the lancet.

36. If ye would keep your steam-boats' *steam-breath* motions going on, ye must keep up a supply of water in the boiler, and a supply of fuel to keep it sufficiently warm, to raise and continue the steam high enough, and the actions of life will proceed regularly.

37. Concerning the doctrine of a *vital principle* diffused through the whole organic structure of the animal machine, inducing an elementary mode of union, or specific union of the component parts of elements, differing in nature from all chemical union and affinities, and from all the laws of physical union with which we are acquainted, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light on the intricate theme.

38. We are asked ; what constitutes a living fiber? We might as well be asked what constitutes any other property of living matter. ; What constitutes that in which the life of a leaf or stem of a living tree consists? ; What can we reason, but from what we know? Every living thing has something peculiar to the nature, or life with which it is endowed in the living state, whether vegetable or animal;—but a living animal has heat and motion; without this heat and motion, the animal becomes dead;—without a due proportion of heat inward and outward, or outward and inward, there is no animal motion; no animal life.

39. We know not of any vital principles, except a capacity to be brought into that peculiar mode, state and degree of warmth and action, constituting animalization, or the sensitive, living state of animal bodies.

40. Warmth and action do not constitute animal life, in unorganized matter;—they do not constitute animal life without an organized animal structure, to which heat gives the impulse applied to and connected with the animal structure. Caloric or the principle of heat rarifying and lightening air, excites action, which circumstance of being, constitutes animalization or the living state.

41. Warmth and action, do not constitute animal life, only as applied to, connected with, and exercised in an organized animal body, possessing a capacity inherent in its nature to put in operation, in which state or condition of being, sensation, perception, and consciousness of identity, or individual existence are gradually developed: but these circumstances of life are not life itself;—there may be animal life, namely; breath and motion, in an animal body where these functional powers be totally deranged or utterly extinct.

42. Fire and steam are necessary to propel a steam-boat, but notwithstanding the capacity or adaption of the mechanical structure to be propelled, the boat will not go until the fire be kindled and the steam raised to put it in motion.

43. The animal body is the machine so constructed, so modified, endowed with such a capacity for life, call it vital principle, or what ye please, that heat rarifying and lightening air, stimulating and expanding the lungs, puts


the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal; for where these circumstances do not exist, there is no animal life,—the animal form is dead.

44. Suppose a man in the full vigor of life, fall into water and sink, in a few minutes he may be taken out apparently dead. The warmth and motion of life, if not extinct, will be at a low ebb. As soon as ye can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life be not entirely gone, an energy will be given to the system; the air in the lungs becoming warm, rarifies and expands, and heaves them into action. The machinery begins to move. The wheels of life no longer wallow in back-water. The proper state and proportion of heat inward and outward, will have been recovered. Nature will rise in her wonted strength and vigor.

45. All that be necessary in such a case, is to supply fuel to raise the latent spark of the fire of life. The same rule holds good in a collapsed state of disease, whether it appear in a cholera form, or whatever shape it may wear. The vascular system loses its wonted tone; the whole system sinks; the powers of life become unable to distend and expand the lungs; the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life gradually becomes extinct. The water that should breathe, exhale and perspire away, becomes congestively condensed and extinguishes the spark of living fire. The coolness and weight of the internal air is too much for the small degree of heat remaining in the lungs, heart, &c., and the power of life, or rather the power or capacity to live, to keep the powers of animal life in their warm or moving or living state, become measurably lost.—For lack of heat, the air in the lungs does not become rarified and lightened, so as to give the necessary action, &c..

46. In such cases as the above, we should shield the sufferer from the surrounding air by wrapping him in a blanket, and placing him in a warm bed, and gradually raising the steam around him, and from the first, admin-

ister, gradually, frequently, and perseveringly the warming medicines, and give injections, which all acquainted with my system, understand,—proceed until we can gain a sufficient degree of inward heat to expand freely: to arouse the sinking, fainting, I might say drowning patient, to a proper degree of warmth and action.—If the proper course be pursued the patient will sweat freely. When they crave food, give them enough to keep up the steam;—the pump of life will begin to work freely, and the patient will rejoice in the warmth and action arising from the resuscitated powers of departing life.

47. Much has been said about drawing in the breath; but the *breath-air* cannot be kept out, so long as there be a due degree, or natural proportion of heat in the lungs: neither can the *pump-like* action of the heart be prevented in its systole and diastole. But when the heat decays, or state of living warmth decline, the lungs begin to labor, like a wheel wading slowly in back-water. The pump power ceases to roll the blood along the arterial canals; the pulse falters; the extremities grow cold; the blood that maintained the warmth, by its active circulation, recedes from the extremities: There is not heat enough at the fountain, or boiler, to keep up the steam, and continue the living action; blood settles in the veins, not being supplied and propelled by the pulsations in the arteries; the fire becomes extinct; the pump no longer plays at the fountain; the man dies, * * * for want of breath;  for want of capacity to breathe; or, because the inward heat would be reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, become deranged, destroyed, and life extinct. The disease is as contagious as though the man had been * * * * *hanged or drowned!!!*

48. The *cause* of vegetable and animal life is the same, namely: one common principle produces similar effects. Nutritive life, in animals and vegetables, bear a striking resemblance to each other. Vegetables, like animals, are formed of four great cardinal elements. All vegetable life is under the control, influence and operation of similar principles as that of animal. Without EARTH, WATER, FIRE and AIR, nothing like vegetation

could exist. The winter season is a state of DEATH to vegetation: just in proportion to the loss of heat, is the degree of suspension of life; that is, a loss of heat in that peculiar modification, or elementary combination thereof, that constitutes the living state of a vegetable. This is a degree of death, or a degree of the suspension of vegetable life. We see, in many instances, the suspension is total.

BLOOD-LETTING.

BLEEDING:—*From the Botanic Sentinel.*—Conversing with a gentleman a few days since, distinguished for his talents and intellectual acquirements, on blood letting, he observed that it was unnatural, and that if nature had designed that he should loose blood as a necessary evacuation, she would have provided some organ for that purpose—but as she had made no provision of that kind, it was right reason to conclude that she never intended that disease was to be removed by the direct abstraction of the vital fluids. This is a powerful and uncontrovertible argument against the practice, and we are surprised that a practice which is contrary to common sense, and at war with all experience, should find any advocates.

Doctor Thomson has stamped the practice of blood-letting, for the purpose of curing disease, with the strongest marks of his disapprobation. He considers the practice to be the most unnatural and injurious. Nature, he says, never furnishes the body with more blood than is necessary for the maintenance of health; and, to take away any part of the blood of any person, is taking away just so much of his life; and is just as contrary to Nature, as it would be to cut away part of the flesh from the body or limbs.

Many experiments have been tried, by the use of the lancet, in case of fevers; but it is allowed, by all, that *most* of them have proved fatal; and several eminent physicians have died in consequence of trying the experiment on themselves.

If the system be diseased, the blood also becomes as much diseased as any other part: *remove the cause* of the

disorder, and the blood will recover and become healthy as soon as any other part; but, taking a part away, can never be reconciled with common sense.

The following extracts will further exhibit the evil tendency and dreadful consequences of the pernicious practice of blood-letting, which, I am happy in seeing, is becoming unfashionable even with the mineral faculty, who, no doubt, are becoming, and well they might be, ashamed of it.

From the Thomsonian Recorder.

BLEEDING.

Definition.—A skillful mode of reducing or destroying the life of an animal, by inflicting the least possible injury on its organic structure.

The blood of an animal “is the life thereof.” As the wilful abstraction of the whole, constitutes the crime of murder; so, such an abstraction of any part, is a murderous act. But the natural thoughtlessness of man, and the influence of education on his mind, are such as to preclude the propriety of ascribing to those individuals who draw blood, with intent to cure disease, the crime of wilful murder.

The objects in the view of those who have advocated this practice, have been either to purify the blood, by drawing off what is bad; to lessen the quantity, when superabundant; or, to set it in motion, when accidentally suspended.

1. Bleeding is to purify the blood, by drawing off what is bad.

As well might one expect to purify the water of a stagnant pool, by ladling out one-half of the water, or by opening a sluice-way into the side, and drawing it off. Which will be left, the pure or the muddy? The practitioner has no means of stirring up the fountain, so as to draw off the filth with the blood, nor can he add more fluid, as a maid does to a dirty tub, to rinse out the dregs.

2. It lessens the quantity, when superabundant.

We maintain, first, that the quantity of blood in the system is no more liable to become too great, than the quantity of bone, muscle or nerve. But, if it should, it

has a natural and regular process of disposing of the surplus, without the aid of the lancet. Second: All that the system contains being necessary to a universal and an equal circulation, any reduction of the quantity is a diminution of the internal balance of power, or resistance against the external pressure of the atmosphere. The want of this internal pressure, and the diminution of the frequency and force in the circulation of the remainder, constitute the sensation called weakness, which always follows any considerable loss of blood. Life, being "a forced state," must necessarily be diminished by any and every means that radically weaken the power of the system.

3. In cases of suspended circulation, as produced by paralysis, a fall, &c., the only object of bleeding is to set the blood in motion again; of course, it should be stopped as soon as the fluid flows freely. But hot medicine will effect this object much better, and leave the blood for the support of the body.

To Thomsonians, the above arguments are clear and conclusive; but, for the benefit of those who depend on the assertions of doctors for their medical philosophy, we quote a little "authority" on the subject.

"The loss of any quantity of blood, is universally felt, (in proportion to the quantity lost.) Alarm is excited; contraction of the vessels ensues. It is one of the greatest weaknesses; as we can kill thereby.—*Dr. Hunter, of St. Thomas Hospital, London.*

"Bleeding relieves spasms." I admit the fact; but what causes spasms? Is it not the deficiency of the blood and heat, which gives ascendancy to the principle of inorganic contractility over the principles of expansion and dilatation? Our author argues, that while life and blood remain, the contraction and expansion take place alternately, and produce the spasms; but, when "the vital powers yield passively to the absolute control of the inorganic contractility, [more clearly to the common reader, the pressure of the atmosphere on vessels from which the blood has been withdrawn,] no cramps or pains occur. This is the way in which bleeding relieves cramps."—*Professor Terry, on Cholera.*

"The life destroying practice of bleeding," &c.—*Ibid.*

“So far from blood-letting being beneficial, it is productive of the most serious and fatal effects;—a cruel practice;—a scourge to humanity. ;How many thousands of our fellow-citizens are sent (by it) to an untimely grave! ;How many families are deprived of their amiable children! ;How many husbands of their lovely wives! ;How many wives of their husbands! Without blood, there is no heat,—no motion of the system,—in that, blood is life. He who takes blood from the patient, takes away, not only an organ of life, but a part of life itself.”—*Dr. J. F. D. Lobstein*. [See his *Essay on Blood-letting*.]

“The absurd idea was, in former time, prevalent, that blood letting, at certain seasons, is useful and necessary to the prolongation of human life. It was even supposed, by many, that the impurities of the blood may be drawn off, and the remainder of the mass thereby rendered more pure. But this ridiculous fancy finds no countenance in modern times; on the contrary, it is a well established principle, that blood-letting is never requisite, but always detrimental to those who are in health. Experience has long since determined the fact, that persons habituated to the loss of blood from the system, at certain seasons, cannot relinquish the practice without incurring danger of the most serious consequences.—*Thatcher's Modern Practice*.

Here the learned author gives us a text, which, with regular physicians who act on the dicta of schoolmen, ought to be sufficient to crush this cruel custom altogether. But, as we find other gentlemen, equally learned, entertaining and acting upon the contrary opinion, [See *Dr. Pattison's Letter on the Cholera in Philadelphia in 1832*,] and, as Thomsonians like to see some reason or fact to support an opinion whose effects in practice may determine the question of life or death, we will take a more particular notice of this proposition.

“Persons habituated to the loss of blood cannot relinquish the practice without incurring danger of the most serious consequences.”

Here, so far as the depletive practice is concerned, is ‘an established fact;’ but in vain shall we search the whole circle of medical science, for the reason of this fact. Let us, then, attempt this new discovery, upon “scientific principles.”

The human body is furnished, through the trunk and limbs, with many vessels, or tubes, called arteries, which branch out into an innumerable multitude of smaller ones, called veins, of similar form, and so arranged as to pass through every portion of the system, and again to unite into one common receptacle, called the heart. In the walls of this vascular system, is an appropriate place of ingress, through which it may be filled with the material of blood, and others of egress, through which the portions of that blood that are no longer useful, may be gradually discharged, without injury to the body. The passage of blood through these arteries and veins, is termed the circulation; and the natural supply and discharge is termed the renewal and the purification of the blood. Any derangement in this renewal, circulation, or purification, may be properly termed disease.

When every portion of this arterial and venous system is duly filled with blood, the internal pressure equal the external; the pressure on the external portion of one part of the circle is equalled by the external pressure on every other part, and all is well. The body, under the atmospheric pressure, is in the condition of a sponge, or a full bottle, under water; that is, perfectly at ease. Digestion and exercise keep in motion, through the medium of the circulation, an amount of vital heat sufficient to keep the vessels of the whole system expanded to their natural size, so as to receive the ordinary quantity of blood, and allow only the proper number of pulsations in a given time. When the digestive powers are disordered, there is a proportionate diminution of vital heat. The extremities are the first to feel this deficiency. They collapse and force the blood to the vital regions, where the vessels, being warmed, expand inordinately to receive it. This extraordinary internal pressure on the portions of the arterial and venous system of the heart and brain, produces those sensations which we call fullness in the head, palpitation of the heart, quickness of the pulse, &c. Now enters the Doctor, who boasts of his scientific attainments. The first thing he does, is to forget (if he ever knew it) the hydrostatic paradox that a column of fluid, however small, will balance another of equal length, however large; and, also, the similar anatomical fact, that

the pressure of the smallest vein, in the remotest extremity, is equal to that on the largest artery in the centre of the system, he commences drawing the blood from the whole system, to relieve the pressure in the heart and brain! True, it relieves the pressure from the extreme vessels, in the same proportion, and allows them to collapse still further, so as to render it more and more difficult, after each successive depletion, to force them to expand to their natural size. The consequence is, that, as soon as the blood is supplied by food, being unable to force open the collapsed vessels of the extremities, it presses again unequally on the cardiac and cerebral regions, and "indicates," again, "the use of the lancet." And all learned authors agree that the more numerous the "applications" of this "remedy," the more frequent the indications for its use, till the places for the veins, even on the temples, become deep depressions, slightly tinged with the blue streak of death, instead of bold prominences, filled with crimson and scarlet—the precious blood of the patient, "which is the life thereof."

If this were all the mischief done, we might furnish ourselves with a lancet, commence a series of butchery, repeat it (with geometrical frequency of course) whenever we have a "fullness in the head," or a "quick and corded pulse," and await the result with patience.

But we are not to rid ourselves so easily of the pernicious effects of bleeding. When a man is well, there is always heat enough in his body to keep up an insensible perspiration, by which means the pores are kept open, and the morbid matter that may at any time be forced into them, is regularly discharged. But when the blood is withdrawn from the surface, the heat which is conducted, is also withdrawn; the surface becomes cold, and contracts, and keeps the perspiration from passing out. As it accumulates in the pores, they expand, the patient swells, and the doctor says, "the disease is turned to dropsy!" Now, with his diuretics, he endeavors to reverse the laws of healthy action, by turning the perspiration inward, and carrying off the water another way! This he "tries," till the patient either dies or becomes tired of his quackery. If the latter, he pronounces the disease incurable, and quits, with only one concern, namely, lest

a Thomsonian should come in, raise the heat, open the pores, steam out the water, force out the cold and canker, tone up the digestive organs, feed the patient, replace the blood, restore the health, and last, but not least, exhibit the Doctor's "learned quackery" in its true light.

; Would that our numerous pale-faced and tottering female friends, whose feet are cold as clay, whose limbs begin to swell and pit like lumps of dough, would examine themselves in the mirror we have presented; compare the description with the progress of their own diseases; and reflect seriously whether their present condition may not be the effect of the "curative" process, rather than the disease with which they were at first afflicted! ; We are persuaded they could no longer caress in their bosoms the viper that has destroyed them!

PROPOSITIONS,

From Doctor William Salmon's Synopsis Medicinæ.

Proposition 1st.—That the blood is the life, or that which is the vehiculum of life; and through whose assistance nature performs all her operations.

Proposition 2nd.—That, as the blood is an instrument of nature, so it is also the product of nature.

This is evident by comparison of childhood and maturity together. A child has not so much blood as a man:—Therefore it is necessary that it should have its generation or augmentation; which can only be by what it has as a beginning.

Proposition 3rd.—Nature generates or augments not the quantity of the blood in vain. This is apparent, because even all philosophy maintains that she does none of her works in vain; but for an end of health and conservation.

Proposition 4th.—That the diminution of that which Nature has ordained for a conservation, must produce a chasm or gap in the matter to be conserved. You may prove this in any continued matter, whether lines, superficies or solids; for the matter conjoining being less dissolved, the matters conjoined are separated.

Proposition 5th.—That a chasm cannot be made without loss of some intention of Nature. This is evident out of the foregoing proposition; for if it could be made

without loss of any such intention, it necessarily follows that the matter making the chasm, was made in vain; which is against the principles of philosophy.

Proposition 6th.—That the loss of any of the intentions of Nature, is in order only to their dissolution. This is understood from the 4th proposition, foregoing; for, as we there say, take away the matter conjoining, and the matter conjoined will be separated.

Proposition 7th.—That the dissolution of Nature is the destruction of the human frame. How can it be otherwise, when Nature, which is the thing that conserved it, is taken away?

Proposition 8th.—In Nature lies the bond of union by which all the parts of the body, and every particle of the same parts, are glued and knit, or joined, together.

Proposition 9th.—That this band of union is only in the medium of the life. There is a difference between the medium of union and the things to be united.

Proposition 10th.—The medium of union is the blood; the things to be united are the human frame and the life. But it is the life itself which is the real uniting principle; which, because it is immaterial, and so without parts, and not capable of division of itself, so, also, it is impossible to be disunited from any thing with which it is joined, unless the medium of the conjunction be first destroyed, which is first begun by a chasm or hiatus.

Proposition 11th.—That, as a chasm is the medium of the separation of united things, so, the diminution of the medium of union is the producing of a chasm, and so a diminution of the united forces, and, consequently, the inlet to destruction of the conjoined principles.

Proposition 12th.—The medium of union adds strength to the parts united, by virtue of their conjunction, or being made one; for, *vis unita fortior*. Hence, it is evident that the abstraction of that medium must be the dissolution of that strength or force; and, proportionably as that medium is augmented or diminished, so must the strength of the conjoined things either decrease or increase. But we have before proved that Nature does not increase the blood in vain. Hence it follows:

Proposition 13th.—That the taking away of the blood, 1st, hinders Nature in performing her operations: 2nd,

diminishes her generation: 3rd, frustrates some intention of Nature: 4th, diminishes the medium of union: 5th, impairs the strength: 6th, opens a chasm which, being made sufficiently wide, lets out life, and (of course) introduces death. What we have already said, upon this subject, is our own judgment. It does also manifestly appear that the root, foundation and cause of all diseases, is the aberration of the spirit and life, whether it be from external force or internal obstruction.

Proposition 14th.—Now, since the diminution of the quantity of the blood cannot be made without manifest damage; that the alteration of the quality of it, when it is hurt, ought, with all dexterity, to be attempted some other way. The quality of the blood may easily be hurt; yea, and the whole mass of it corrupted, by the aberration of the spirit and life: in this case, the manner of its purification is to be considered,—not its diminution.

BLISTERING.

Doctor Thomson has recorded his testimony against the inconsistent and unhuman practice of blistering, to remove disease, and, more particularly, unsane persons, and persons who have what the doctors call dropsy in the brain. He mentions, that in such cases as these, they shave the head and blister it, and that very few persons ever survive the application. He asks, “¿what would be thought if a scald should be caused by boiling water, to remove disease?” yet, says he, “¿what is the great difference between this and a blister made with flies? I have witnessed many instances where great distress and very bad effects, have been cured by blisters; and believe I can truly say I never knew any benefit derived from their use. They very frequently cause strangury, when the attempted remedy becomes worse than the disease.”

Doctor Hillary, an eminent Physician of London, (England,) of the old school, bleeding, blistering faculty, is also very much opposed to the use of blisters, as they are so commonly “and so often improperly applied, not only in many cases, where they cannot possibly give any re-

lief, but too often where they must unavoidably increase the very evil which they are intended to remove or relieve. How often do we see them applied, and sometimes several of them, by pretended dabblers in physic, not only where there are no indications for applying them, but where the true indications *are against* their application. In most fevers, and especially those of the inflammatory, and of the putrid kind, where, in the first, the stimulus of the acrid salts of the *Cantharides*, which pass into the blood, must unavoidably increase both the stimulus, and the momentum of the blood, which were too great before, and so render the fever inflammatory, and all its symptoms worse."

"The *Cantharides* contain a great quantity of alkaline semi-volatile salts, which pass into the blood, (though they be applied externally;) and attenuate, disease, and hasten and increase its putrifaction, which is also confirmed by the putrid alkaline acrimony which they produce in the urine, with the heat and strangury, which it gives to the urinary passage."

POISONS.

Poisons are commonly divided into the animal, vegetable, and mineral kinds.

1. *POISONS, animal.* Several animals are furnished with liquid juices of a poisonous nature, which, when poured into fresh wounds, occasion the disease or death of the wounded animal. Serpents, bees, scorpions, and spiders, are well-known examples of such animals.

2. The poison of the viper is a yellow liquid, which lodges in two small vesicles in the animal's mouth. These communicate by a tube with the crooked fangs, which are hollow, and terminate in a small cavity. When the animal bites, the vesicles are squeezed, and the poison forced through the fangs into the wound.

This poisonous juice occasions the fatal effects of the viper's bite. If the vesicles are extracted, or the liquid be prevented from flowing into the wound, the bite is harmless. If it be infused into wounds made by sharp instruments, it proves as fatal as when introduced by the viper itself. Some of the properties of this liquid were

pointed out by Mead; but it was Fontana who first subjected it to a chemical examination, sacrificing many hundreds of vipers to his experiments. The quantity contained in a single vesicle scarcely exceeds a drop.

It has a yellow colour; has no taste; but when applied to the tongue, occasions numbness. It has the appearance of oil, before the microscope, but it unites readily with water. It produces no change on vegetable blues.

When exposed to the air, the watery part gradually evaporates, and a yellowish-brown substance remains, which has the appearance of Gum Arabic.

The striking resemblance between gums and poison of the viper, two substances of so opposite a nature in their effects upon the living body, is a humiliating proof of the small progress we have made in the chemical knowledge of these intricate substances. The poison of the viper, and of serpents in general, is most hurtful when mixed with the blood. Taken into the stomach, it kills, if the quantity be considerable. Fontana has ascertained that its fatal effects are proportioned to its quantity, compared with the quantity of the blood. Hence, the danger diminishes as the size of the animal increases. Small birds and quadrupeds die immediately when they are bitten by a viper; but, to a full sized man, the bite seldom proves fatal.

3. The venom of the bee and the wasp is also a liquid, contained in a small vesicle, forced through the hollow tube of the sting into the wound inflicted by that instrument. From the experiments of Fontana, we learn that it bears a striking resemblance to the poison of a viper. That of a bee is much longer in drying, when exposed to the air, than the venom of the wasp.

4. The poison of the scorpion resembles that of the viper, also; but its taste is hot and acrid, which is the case also with the venom of the bee and the wasp.

5. No experiments, upon which we can rely, have been made upon the poison of the spider tribe. From the rapidity with which these animals destroy their prey, and even one another, we cannot doubt that their poison is sufficiently virulent.

6. Poisons, *vegetable*, seem in general to prove fatal, from an excess of narcotic matter; but this is a subject

which requires still farther examination. See NARCOTICS, such as opium, tobacco, &c..

POISONS, *mineral*. In general, these substances, as arsenic and corrosive mercury, seem to attack the solid parts of the stomach, as to produce death by corroding its substance; but the antimonials seem rather to attack the nerves, and to kill by throwing the whole system into convulsions.

POISON of *copper*. This metal, though when in an undissolved state produces no sensible effects, it becomes exceedingly active when dissolved; and such is the facility with which the solution is effected, that it becomes a matter of some consequence to prevent the metal from being taken into the human body even in its proper form. The effects of the metal, when taken in a pretty large quantity, and in a dissolved state, or when the stomach abounds with acid juices sufficient to dissolve it, are very disagreeable, and dangerous; as it occasions violent vomitings, pains in the stomach, faintings, and sometimes convulsions and death. The only cure for these symptoms is, to expel the poison by vomiting as soon as possible, and to obtund its acrimony; for which purpose, administer the No. 1 with a liberal hand, especially the 3d preparation of it, and drink warm milk or cream plentifully, and they will be found to be the most efficacious remedy. In order to prevent the entrance of the poison into the body, no copper vessels should be used in preparing food, but such as are either well tinned, or kept exceedingly clean. The practice of giving a fine blue or green colour to pickles, by preparing them in copper vessels, ought not to be tolerated. Doctor Falconer, in a treatise on this subject, assures us, that these are sometimes so strongly impregnated, by this method of preparing them, that a small quantity of them will produce nausea. Mortars of brass or bell-metal ought, for the same reason, to be avoided; as, by this means, a considerable quantity of the pernicious metal may be mixed with our food, or with medicines. In other cases, an equal caution ought to be used. The custom of keeping pins in the mouth, of giving copper halfpence to children to play with, &c., ought to be avoided; as thus a quantity of the metal may be insensibly taken, into the body, after which, its effects must be uncertain.

POISON of lead. This metal, when taken slowly into the stomach with our food, is capable of producing a cholic, which, after a length of time, is succeeded by palsy. Dr. Houlston, in his *Essay on Poisons*, has given a remarkable instance of a whole family, who, having successively fallen a prey to paralytic disorders, after a series of years, the cause was discovered to be their having used the water of a leaden pump, which had been gradually dissolved, and thus rendered the water poisonous.

We cannot sufficiently express our abhorrence of the cruel, the detestable experiments, made by certain practitioners, upon poor dumb creatures, to ascertain the effects of poisons; experiments made, in general, to gratify an idle curiosity, but which no motive can justify.

Doctor Thomson, like a true guardian of health, endeavors to enforce, in the strongest manner, on the minds of the whole body of the people of this country, the pernicious consequences that have happened; and are daily taking place, by reason of giving mercury, arsenic, nitre, opium, and other deadly poisons to cure disease. He has had great opportunities, during a practice of forty or fifty years, to gain much experience on this important subject; and he states that he is perfectly and decidedly convinced, beyond all doubt, that there can be no possible good derived from these poisons, as a medicine, in any form whatever. He states, that more than nine tenths of the chronic cases that came under his care, were such as had been run down with some one or all of those poisons. That the greatest difficulty he had to encounter was to get many of his patients clear of the effects of mercury, nitre or opium, and to bring them back to the same state they were in before taking it. For, says he, it is very easy to get them into the system, but very hard to get them out again.

“*OPIUM*, when taken into the stomach, to such an extent as to have any sensible effect, gives rise to a pleasant serenity of the mind, in general, proceeding to a certain degree of languor and drowsiness.” “It excites thirst and renders the mouth dry and parched.” “Taken into the stomach in a large dose, it gives rise to confusion of the head and vertigo. The powers of all stimulating causes of making impressions on the body are diminished; and

even at times, and in situations, when a person would naturally be awake, sleep is irresistibly induced. In still larger doses, it acts in the same manner as the narcotic poisons, giving rise to vertigo, headache, tremors, delirium and convulsions; and these terminating in a state of stupor, from which the person cannot be roused. This stupor is accompanied with slowness of the pulse, and with stertor in breathing, and the scene is terminated in death, attended with the same appearances as take place in an apoplexy."

"There are several vegetables, that grow common in this country, which are very poisonous; and that the public may guard against using them as medicine, I will here give a list of some of those within my knowledge, which are the most dangerous, namely:

"Garden Hemlock, Night Shade, Apple Peru, Poppy, Henbane, Poke Root, Mandrake Root, Garget* Root, Wild Parsnip, Indigo Weed, Ivy, Dogwood, Tobacco and Laurel. In case either of these poisons should be taken, through mistake or otherwise, a strong preparation of No. 1, with a small quantity of No. 2, will be a sovereign remedy."

DR. SAMUEL THOMSON.

SALTPETER.—It has long since been ascertained that the use of saltpeter in brine, intended for the preservation of flesh for food, is not only a useless article to be put therein, but that it is highly injurious to the meat, and, consequently, to those who eat thereof. The part of the saltpeter which is absorbed by the meat, is nitric acid or aqua fortis,—a deadly poison. Animal flesh, before the pickle be added to it, consists of gelatinous and fibrous substances. This gelatine is the principal part which possesses any nutritious property or virtue; and it is the part acted upon by the saltpeter. It appears that the salt and saltpeter, by a sort of chemical action, destroy this gelatine, so that the meat becomes as different from what it should be, as leather is from the raw hide, before it be subjected to the process of tanning. To this chemical change, brought about by the poisonous article thus

* The Garget I take to be the spurred Rye; the Indigo Weed to be the Wild Indigo, and the Ivy, the common hedge poison vine.

used, may be ascribed nearly all of the diseases common to mariners and others who subsist principally on salt meat. Scurvy, sore gums, decayed teeth, ulcers, &c., are some of the sad consequences of this highly improper and hurtful article being used on food. I have, for years past, both publicly and privately, advised the abandonment of the use of saltpeter in the making of pickle, for every kind of provisions. Doctor Thomson cautions us in his *New Guide to Health*, to "be careful not to make use of saltpeter in any way whatever; it is the greatest cold of any thing that can be taken into the stomach, and was never intended for any other purpose than to destroy life. It is a very bad practice to put it on meat, for it destroys all the juices, which are the nourishing part, and leaves the flesh hard and difficult to digest."

Those who wish to add something to their meat, besides the pure salt, may use, for that purpose, a small portion of sugar. This will render the meat sweeter, more wholesome, and equally as durable; and the cost would be but a mere trifle. These statements ought to be remembered and never forgotten, by farmers, butchers, fishermen, packers of sea provisions, and all purchasers and customers.—They are of particular importance to all who value good health and long life, in their true enjoyment.

LONGEVITY.

In a very interesting paper, published by Dr. Rush in his *Medical Observations and Inquiries*, we have a detail of the Doctor's experience in regard to those causes which favor the prolongation of life.

1. *Descent from long lived Ancestors*.—Dr. Rush never met with a single instance of a person who had lived to be 80 years old, whose ancestors had not been remarkable for their longevity. In some instances, the longevity was on the side of the father, in others on that of the mother, but most generally it was common to both parents. The knowledge of this fact may serve, not only to assist in calculating what are termed the chances of life, but it may be useful to the physician. He may learn from it to cherish the hopes of his patients in chronic and some

acute diseases, in proportion to the capacity of life they have derived from their ancestors.

2. *Temperance in Eating and Drinking.*—To this Dr. Rush found a few exceptions. The duration of life is not always shortened by an infirm constitution, provided the stimuli which operates on the several organs be proportioned to their excitability.

3. *The moderate use of the Understanding.*—It has been an established truth, that literary men, other circumstances being equal, are longer lived than other people. But it is not necessary, remarks Dr. Rush, that the understanding should be employed upon philosophical subjects to produce this influence upon the duration of life. Business, politics, &c., which are the objects of attention common to men of all classes, impart an activity to the mind, which tends very much to produce health and long life.

4. *Equanimity of Temper.*—The violent and irregular action of the passions tends to wear away the springs of life. Persons who live upon annuities in Europe, have been observed to be longer lived, under equal circumstances, than other people. This is probably owing to their being exempted, by the certainty of their subsistence, from those fears of want, which so frequently distract the minds, and thereby weaken the bodies of all persons who are subject to them. Life rents have been supposed to have the same influence in prolonging life. Perhaps the desire of life, in order to enjoy as long as possible that property which cannot be enjoyed a second time by a child or relation, may be another cause of the longevity of persons who live upon certain incomes. It is a fact, that the desire of life is a very powerful stimulous in prolonging it, especially when that desire is supported by hope. This is obvious to physicians every day.—Despair of recovery is the beginning of death in all diseases.

5. *Matrimony.*—In the course of his inquiries, Dr. Rush never met with one person beyond 80 years of age who had never been married.

7. *Sedentary Occupations.*—Dr. Rush did not find sedentary employments to prevent long life, where they were not accompanied by intemperance in eating and drinking.

This observation is not confined to literary men, nor women only, in whom longevity, without much exercise of body, has been frequently observed. The doctor met with an instance of a weaver, a second of a silversmith, and a third of a shoemaker, among the number of old persons, whose histories suggested the foregoing observations.

7. *Loss of Teeth, &c.*—The early loss of the teeth did not appear to the Doctor to affect the duration of human life so much as might be expected.—Edward Drinker, who lived to be 103, lost his teeth thirty years before he died, from drawing the hot smoke of tobacco into his mouth through a short pipe. Neither did he observe baldness or gray hairs, occurring in early or middle life, to prevent old age. In an account furnished by Le Sayre, mention is made of a man of 80, whose hair began to assume a silver color when he was only eleven years old.

“We notice a statement that a woman is to be seen at a Museum in a Western city, said to be of the great age of 161. If this be true, she must be older than any person whose death and age are recorded in this country. The oldest, within our knowledge, was just 150. This was a woman, too, and so have been, perhaps, half a dozen or so of the seniors next in order. We notice also the decease of a negro on one of the West India Islands, between the ages of 120 and 130.—The ages of these negroes are apt to be *uncertain*, but we have a fact, from a friend dropped in from the South, which indicates, with something like a definite possibility, an extraordinary instance of longevity in a negro. He lived on a plantation near St. Mary’s, and died about 18 months ago. Our informant’s curiosity, on seeing him, was excited by his appearance, and by the statement of his fellows, that not one of them could remember the time when he had been called on to *work on the estate*; that is, he has been superannuated from time immemorial—probably 50 years at least. On enquiry of himself, he could remember but little. He stated, however, that in the Revolution he had been *too old to fight*; his grandson “went a solgerin” at that time. He also remembered “*the Deluge*” distinctly—referring to a memorable inundation which took place about one hundred and twenty years ago, when he must

have been already grown up. In fact, he was from 130 to 140 years of age, if not more.—He still had good use of his eyes, and some teeth, walked a mile and back again, on the occasion alluded to above, for the consideration of a prime quid of tobacco—This is a good story certainly; and what is better, it is true.”

[*N. Y. Jour. Com.*

Hard Labor and Long Life.—A young man, at the age of eighteen years, in 1724, was condemned to the galleys in France, on account of a high crime, for the long period of *one hundred years*, which was probably intended by the Judge to confine him for life. Remarkable as it may appear, in 1824, the man being in perfect health, after an unremitting series of hardships of an *entire century*, was discharged, being exactly one hundred and eighteen years old. On visiting Lyons, he laid claim to an estate which belonged to his family.

“The best method of prolonging life, and making thyself happy during life,” said a wise mandarian to one of the infatuated emperors of China, “is to control thy appetite, subdue thy passions, and practice virtue! ; Most of thy predecessors, O emperor! would have lived to a good old age, had they followed the advice I now give thee!”

This may very justly be reckoned a subject, among some others, which can scarcely be exhausted. My limits will not admit of justice being done to it here. It would require a volume of itself. I may, however, here remark, that if mankind would at once abandon forever, all mineral and other poisons, of every description, as medicine, and follow strictly our Thomsonian, Botanic plan, not only in medicines, but in food and drinks, observing moderation, temperance and regularity in all things, also in the immediate management of the body and all the natural evacuations; the passions of the mind; and avoid griefs and violent anger, one great foundation for good health and long life would be laid. These are not visionary ideas; they are founded on facts and the experience of the wise. But once let mankind, in general, avoid all manner of abuse of themselves and their fellow-beings: let them avoid all excesses in eating and drinking, heats and colds; excesses of the passion and sen-

sual gratifications; let them be governed by reason, and not imagination; let them take due exercise in pure air, and avoid too sedentary a life; let them take sleep in the night and labor in the day; let them observe cleanliness, and honesty, and keep the mind free as the air they breathe, and many will nearly double the number of their days.

In this way, a few succeeding generations would overcome all hereditary diseases. Parents would become healthy, and their children and childrens' children, more so. Degeneracy would stop, and an improvement would take place. Even the general form, figure and feature would improve in elegance and beauty. The very happiness, peace and serenity, resulting from this proper mode of self-government, and right acting, would prolong the average life of man, a long series of years; and it is impossible to tell to what a great degree of health and length of years man in succeeding ages might arrive to. Then great mental attainments would likewise be increased in the same ratio, until man would become far superior, in the scale of being, to what he now is.

PREMATURE INTERMENTS, OR BURYING ALIVE.

"The following facts, collected from medical history, are painfully interesting, yet proper to be known, in order to prevent, if possible, their recurrence. Premature interments may take place in this country as probably as elsewhere. Physical organization is nearly the same throughout the whole of the human family; and we can conceive of no self-upbraiding more deep or bitter than that which must be felt from the consciousness that a dear departed one had terminated life—not by the ordinary course of mortality, but by an unnecessary, premature consignment to the grave".

"The diseases in which a partial and momentary suspension of life most often manifests itself, are Asphyxia, Hysterics, Lethargy, Hypochondria, Convulsions, Syncope, Catalepsia, excessive loss of blood, Tetanus, Apoplexy, Eplepsy, and Ecstasy.

"Among many cases which have been recorded, the following are particularly striking:—

"Chancellor Bacon relates that Dr. Scott, nicknamed the *Subtle*, was buried alive at Cologne, and that, recovering from this apparent death, he gnawed his hands and broke his head in his tomb.

"A street porter, in Paris, having died at the Hotel Dieu, was carried with the other dead into the same grave; recovering his senses towards 11 at night, he tore open his winding sheet, made his way to his house, knocked at the door, which was opened to him, and took a new possession of his lodgings.

"In 1756, a woman in Paris was thought to be dead, and the body put on some straw with a taper at the feet; some young men who sat up around the corpse, in a frolic, overturned the taper. This set the straw on fire. The deceased, whose body the flames now reached uttered a piercing shriek. Timely assistance was rendered, and she so well recovered that, after her resurrection, she became the mother of several children.

"On the 21st of November, 1763, the able Prevot, well known for his literary production, was taken with an apopleptic fit, as he was travelling through the forest of Chantilly. Being supposed dead, he was carried to the house of the mayor of the village, and the magistrate directed a post mortem examination to be commenced. A piercing shriek, uttered by the unfortunate man, proved that he was a live. He expired under the scalpel.

"Dr. Devaux, a surgeon of St. Coma hospital, in Paris, had a maid-servant who had three times been carried to burial. She did not recover her senses, the last time, till they were lowering the coffin in the grave. That woman having died *anew*, the body was kept six days, lest they should have to bring her back a fourth time.

"A Mr. Rosseau, of Rouen, had married a young lady of fourteen, whom he left in perfect health at his starting on a short journey. After a few days, he heard that, unless he returned immediately, he would find his wife buried. On reaching home, he saw the funeral ready. In an agony of grief, he had the coffin removed to his room and unscrewed.—He placed the body on a bed and ordered twenty-five incisions to be made on it. At the twenty-sixth, probably deeper than the others, the deceased exclaimed, "How severely you hurt me!" Medical assis-

tance was immediately given. The lady had afterwards twenty six children.

"The wife of Mr. Duhamel, a celebrated lawyer, having been supposed dead twenty four hours, the body was placed on a table for the purpose of preparing it for burial. Her husband strongly opposed it, not believing her dead. To ascertain it, and knowing that she was very fond of the cymbal, and the tunes which cymbal players sing, he called one. Upon hearing the instrument and the voice, the deceased recovered motion and speech. She survived her apparent death forty years."

"Andre Vesale, first physician to Charles V. and Philip II., after attending a Spanish grandee, thought him dead. Having obtained leave to examine the body, he had scarcely thrust the bistoury into it and opened the chest, when he perceived that the heart palpitated.

"The relatives of the deceased prosecuted him as guilty of murder; the inquisitor as guilty of profaneness. Through the intercession of the King, he obtained to be merely condemned to a pilgrimage to the Holy Land.

"In the sitting of the Royal Academy of Medicine on the 10th of May, 1827, Mr. Chantournelle read a paper on the danger of hasty inhumations. This led to a discussion, in which M. Desgenettes stated that he had heard from M. Thouret who had superintended the removal of the human remains of the cemetery and the charnal house *Des Innocens*, that many skeletons had been found in positions showing that the individuals had moved after their inhumation. Mr. Touret had been so much struck with this that he had inserted in his will an article relating to his own interment."

Examples of apparent death fill many volumes, and medicines seem to have done little as yet towards preventing premature interments, although frequent instances of this error are recorded in the public journals.

A maid having been interred in the church of Jacobins, with a diamond ring upon her finger, one of the domestics shut himself up in the church, and, when night came, descended into the vault where the coffin lay. Having opened it, and finding that the swollen state of the finger prevented him from slipping off the ring, he attempted to cut it off. The pain caused an outcry from the suppos-

ed dead person, and the domestic, seized with terror, fell down senseless. Still the maid continued her cries.— Happily for her, the morning soon arrived, and her moanings were heard by some monks, who, guided by the noise, descended into the vault, and found the maid in a sitting posture, and the domestic half dead. She was taken, up and recovered, but the shock which the domestic received was so violent that he died in twenty-four hours.

In the eighth volume of the *Causes Celebres*, a resurrection of this kind is recorded, which gave rise to a very serious law suit, and of which the details would no doubt prove highly interesting to our readers. But we can only give a brief summary of the principal circumstances.

Two merchants, of the street Honore, at Paris, united by the closest friendship, by equal fortunes, and similar business, had each a child, the one a son and the other a daughter, who were nearly the same age. These children, brought up together, had the strongest affection for each other, and this affection became, as they advanced in years, a livelier sentiment, which was approved by their parents. They were on the point of being married, when a rich financier became warmly enamoured of the daughter, attempted to transfer her affection, and demanded her in marriage. The prospect of a more brilliant fortune allured the parents, in spite of the repugnance of the child. The daughter was obliged to yield, and the financier married her in spite of herself. The young man, her first lover, was forbidden her house. This threw her into a fit of melancholy; after which she sank into a frightful malady, in which her senses were suppressed, and she was thought dead, and was buried.

The young lover knew that she had been exposed before to violent attacks of lethargy, and concluded that she must be in this condition now. This idea quieted all his grief, and stimulated him to bribe the sexton, with whose aid he went in the night and disinterred her body. He took her to his house, applied all sorts of means to restore her, and was successful.

It was not easy to conceive the surprise of the restored, when she found herself in a strange house and in the arms of her lover, who explained to her what had passed. She was deeply sensible of her obligations, and fled with him

into England, where they lived together most happily for many years. Longing for their own country again, after ten years they returned to Paris, and not dreaming of discovery, took no pains to conceal themselves. By chance, the financier met his wife in a public promenade, and, notwithstanding his first persuasion of her death, and the efforts made by the parties to deceive him, he was convinced of her identity and life. He discovered her mansion, and instituted a suit to reclaim her.

In vain the lover urged his own claims, founded on his care: in vain he represented that, but for him, she would have died—that his adversary had divested himself of all anxiety by burying her, and that he was liable to action, as a homicide, because he had not taken sufficient pains to establish the facts of death. In vain he urged all the thousand reasons which ingenious love can suggest. He saw that the decision of the court would be against him, and, without waiting judgment, fled with his wife to a foreign country, where they passed the rest of their lives happily.

[*French Paper.*]

In case of malignant fevers, putrescency advances speedily, and, under such circumstances, the time of a funeral ought not to be unnecessarily delayed; but this ought never to be the case in northern climates, and in temperate, or cool weather. Young persons, in the bloom of health and vigor of life, may be struck down by an illness of only a few days, or even hours, and sometimes, in a moment, without any previous warning, but they ought not be consigned to the same summary sentence, merely because custom has ordained it.

I had a brother, a young man, in the bloom and vigor of life, who died, as it were, instantly, without a moment's warning, pain, or sickness; and that, too, while sitting upon a settee, and engaged in conversation with some young company. I was about fifteen miles distant, and did not see him until within a few hours of his interment; but I thought then, and still think, that, by prompt and judicious Thomsonian treatment, he might have been resuscitated, and be yet living. Some hours after being thought dead, and was laid out for burial, the obstructed vessel burst, and blood was discharged from the nose and mouth, and the face turned from a fair complexion to a dark livid color.

ASSISTANCE TO A PERSON IN DANGER OF DROWNING.

If the spectator be unable to swim, and can make the sufferer hear, he ought to direct him to keep his hands and arms under water until assistance come; in the mean time throw towards him a rope, a pole, or any thing that may help to bring him ashore, or on board; he will eagerly seize whatever be placed within his reach: thus he may, perhaps, be rescued from his perilous situation.

But this desirable object appears attainable by the proper use of a man's hat and pocket handkerchief, which, being all the apparatus necessary, is to be used thus: Spread the handkerchief on the ground, or deck, and place a hat, with the brim downwards, on the middle of it; then tie the handkerchief round the hat, like a bundle, keeping the knots as near the centre of the crown as possible. Now, by seizing the knots in one hand, and keeping the opening of the hat upwards, a person, without knowing how to swim, may fearlessly plunge into the water, with whatever may be necessary, to save the life of a fellow creature.

The best manner in which an expert swimmer can lay hold of a person he wishes to save from sinking, is to grasp his arm firmly between the shoulder and the elbow: this will prevent him from clasping the swimmer in his arms, and thus forcing him under water, and, perhaps, causing him to sink with him.

TO ESCAPE THE EFFECTS OF LIGHTNING.

When persons happen to be overtaken by a thunder-storm, although they may not be terrified by the lightning, yet they naturally wish for shelter from the rain which usually attends it; and, therefore, if no house be at hand, generally take refuge under the nearest tree they can find. But, in doing this, they unknowingly expose themselves to a double danger; first, because their clothes being thus kept dry, their bodies are rendered more liable to injury,—the lightning often passing harmless over a body whose surface is wet; and, secondly, because a tree, or any elevated object, instead of ward-

ing off, serves to attract and conduct the lightning, which, in its passage to the ground, frequently rends the trunks or branches, and kills any person or animal that happens to be close to it at the time. Instead of seeking protection, then, by retiring under the shelter of a tree, hayrick, pillar, wall, or hedge, the person should either pursue his way to the nearest house, or get to a part of the road or field which has no high object that can draw the lightning towards it, and remain there until the storm subside.

It is particularly dangerous to stand near leaden spouts, iron gates or pallsades, at such times; metals of all kinds having so strong an attraction for lightning, as frequently to draw it out of the course which it would otherwise have taken.

When in a house, avoid sitting or standing near the window, door, or walls, during a thunder storm. The nearer a person is to the middle of a room, the better, and it is said, if the feet be placed upon the rounds of the chair, there will be less danger than in keeping them upon the floor, where the lightning may pass, if the house be stricken.

The greatest evil to be apprehended from lightning, is the explosion of powder-magazines. These may, in a great degree, be secured from danger by insulation, or by lining the bulk-heads, and floorings, with materials of a non-conducting nature, the expense of which would not be great. Silk is a good non-conductor.

Conducting Power of Trees.—I find it stated by a respectable authority, that the lightning often strikes the elm, chestnut, pine, every kind of oak, and sometimes ash and other trees, but never *beech, birch, or maple, Mulberry.*

LIGHTNING RODS.

There seems to be a general want of knowledge, or, at least, want of care, displayed by builders, in the execution of that most invaluable discovery—the lightning rod. Although it is a certain means of warding off and diverting the electric fluid, yet there are to be found many

who place but little reliance on this safeguard. This want of confidence is caused by the occasional accounts which reach us of houses damaged, even when supplied with the *conductor*; which is, doubtless, the cause of so large a proportion of unprotected buildings; yet I may safely challenge any to produce an instance where *lightning* caused injury to any building, when defended by a *perfect* conductor. Steel rods are the best, because they are not so liable to rust. I have frequently observed rods, covered with rust, fastened with iron staples, which entered the walls two or more inches, without any non-conductor intervening to separate them from the rod, and prevent the lightning from penetrating the wall; of which there is every chance, especially if, as is often the case, there is a heated flue, or a stove pipe, opposite, to increase the attraction. Such rods, thus fixed, are dangerous, and a house is safer without them. The necks of porter bottles fixed on the conductor, where the iron fastenings would otherwise come in contact with it, should not be neglected; great attention must likewise be paid to the quality of the *point*, which should be either *platina*, or *pure gold*, (sharpened;) the former is the most common. The rod should extend about eight feet above the highest point of the building, and run into the earth about four feet, and terminate in a bed of charcoal. As a philosophical writer says:—"Although the lightning has not always been thus conducted without an explosion, yet we have no instance of buildings damaged that were thus secured."

J. B. M.

INFLUENCE OF TRADES AND OCCUPATIONS ON HEALTH.

Some interesting researches have been made, within a few years past, in relation to the influence of many of the various occupations, upon the health of the operatives. Believing that to notice some of them would not be altogether uninteresting to the general reader, I have inserted the following notice of them; but, from what has been said upon the subject of sedentary employments, proper positions of the body, air, exercise, sleep, &c., &c., with

a general care of the health, less will be needful upon this subject, as, in a general way, more depends upon these than the choice of any occupation.

CARPENTERS, JOINERS, WHEELWRIGHTS, and MILLWRIGHTS, appear, in a general way, to receive no injury from their occupations. There are still some exceptions to be made; for instance, some of these are trades which require to have a great deal of planeing of boards done, many of which are often covered with a light, dry dust from the fine particles of wood, made in the sawing. This dust rises from the stuff when planeing and working with it, and is breathed into the lungs, and becomes, in some instances, exceedingly hurtful. Millwrights, who fit up shafts and water wheels, in damp mill pits, and the like, are thus exposed to the causes of rheumatisms, &c.. In other respects, these are healthy employments.

COOPERS have good muscular exercise; but, without care and change, the stooping posture may affect the head: The noise is said to affect the hearing in some instances. Lads, when they first enter the employ, are the principal ones affected in these ways. The men are sometimes annoyed by pains in the loins, the result of a stooping posture.

COACH-MAKERS may be divided into three classes;—wheelwrights, smiths and painters. The first of these has been spoken of.

SMITHING, in a general way, is healthy business; some workmen are too much exposed in bad shops, and also to dampness under the feet. Those who practice shoeing horses and oxen, sometimes complain of pains in the back and loins. They are somewhat exposed to heats and colds, on account of the nature of their employment. In other respects, the business is healthy, and the operatives may live to a good age.

PAINTERS, who work in lead and other poison minerals prepared in paint, are not, generally speaking, a very healthy or long lived class of operatives. Temperance, pure air and proper care, will, however, be much in their favor.

SHOEMAKERS, TAILORS, WEAVERS, PROFESSIONAL MEN, &c., should observe my remarks about sedentary employ-

ments, and they may live as long and healthy as the operatives at most of the other employments.

COPPER, TIN, AND SHEET IRON SMITHS, may be affected in the hearing, by the continual hammering, and noise. The liability of taking copper, lead &c., into the mouth, by eating fruit and other things, in a thoughtless manner, without first washing the hands, may prove hurtful to them. See poisons of copper, &c.. No doubt, too, but that the very odour of poisonous metals, taken into the lungs by the breath, is hurtful.

STONE-CUTTERS are not very long-lived. The inhalation of the fine particles of stone which escapes from the chisel, in the process of engraving, causes a great many of the workers at this branch of the business to be affected in the lungs. Those who work at the manufacture of gun flints, are similarly affected, in like manner, by the small particles of the hard, heavy substance being inhaled into the lungs. Those who work in the quarries, and saw out the slabs, &c., are not so affected.

STONE MASONS, BRICKLAYERS AND BRICKMAKERS, with the advantage of full muscular exercise in the open air, though subject to the annoyance of heat, cold and wet, are a hearty class of operatives, these businesses not being at all injurious.

CHAISE-DRIVERS, and the like occupations, with an equal advantage of fresh air, are differently situated in reference to exercise. For want of proper muscular exercise, the atmospheric vicissitudes to which they are exposed, often produce rheumatisms, and inflammations of the lungs. They who are any way intemperate are subject to disorders of the head and stomach. They often drink, and eat heartily of strong food, and, if the stomach be overloaded, is liable, for want of more muscular exercise, to counteract its good effects; to produce morning sickness, and finally apoplexy and palsy.

CART-DRIVERS, though exposed to atmospheric vicissitudes, are healthy in proportion to their temperance, and the nourishment they take;—as many, it is believed, spend much of the money for grog, which would be better employed in buying solid food.

LABORERS AT HUSBANDRY, QUARRYING, ROAD-MAKING, and such like employments, are among the most

healthy operatives, where they enjoy a competence, and therewith be temperate and regular in their living.

ROPEMAKERS, though they have exercise in the open air, are said to suffer by their stooping posture. A similar observation applies to gardening, grubbing or digging, mowing, &c..

PAVERS are well known to have strong muscular exercise in the open air. Their chief complaint is pain in the loins, which increases with their years; yet they often live to an advanced age.

FISHERMEN AND FISHMONGERS, are of course, greatly exposed to the inclemency of the weather; yet those who are hardy, temperate, and take the necessary care of themselves, generally enjoy health, and attain considerable age. Different is the state of those who are addicted to dram-drinking, and irregularity: such are, consequently, sickly and short lived. They are not, however, as subject to rheumatism as might be supposed.

CATTLE AND HORSE DEALERS, leading an active life in the open air, are generally healthy, and would be almost exempt from ordinary maladies, if they were entirely temperate. *Drovers of Cattle* or Butchers, who ride and walk from fifteen to forty miles a day, are plump and rosy. Butchers stand at the head of this class of occupations. They are much in the open air, and take strong exercise. The master Butchers often stir about to purchase stock; and often ride into the country and neighboring markets, to buy cattle. They are subject to few ailments, and these result from plethora, or overfullness of habit. The atmosphere of the slaughter-house, though disgusting, is said not to be injurious to health. Consumption is rare among men employed in the slaughter-house. Notwithstanding butchers are generally healthy, longevity is not greater among them than the generality of employments. It is believed that many of them live too highly for *long* life.

MILLERS, COALMEN, and such mechanics as breathe constantly in an atmosphere loaded with dust, do not attain to so great an age as those in similar employments where there is no dust; being more liable to consumption.

WOOL CARDERS, HATTERS, BRUSHMAKERS FEATHERMEN, and such as breathe in a confined atmosphere load-

ed with fine particles of animal matter, are more liable to become consumed and short lived, than those who breathe in vegetable dusts. The smallest mortality from this is said to be among the carders, and the greatest among those who work among feathers.

PRINTERS AND BOOKBINDERS, who are temperate and live in healthy situations, are generally healthy and live to a good age, where they do not, as the saying is, turn night into day, and day into night, as *necessity*, in the printing business, seems sometimes to indicate.

TANNERS have a healthy business. The bark, tan and ooze-water are almost medicines to them that work therein. Tanners are generally hearty eaters, and, were it not for the inconvenience of wet and cold, to which they are exposed, and consequently, rheumatism, they would otherwise have a *very* healthy employment.

CURRIERS, though less exposed to cold and wet than tanners, have much stooping to shave the skins, but which difficulty may be greatly relieved by suitable changes in the arrangement of their work.

TALLOW CHANDLERS AND SOAP BOILERS, are said to be healthy, and reasonably long-lived.

GLASS FOUNDERS AND BLOWERS, are said not to be very healthy nor long-lived. The firemen who prepare the glass for blowing, have to attend the furnace, night and day; which, of itself, is extremely hard upon the constitution; and then the glass blowers suffer in the lungs from the practice of *blowing*, in the formation of bottles and most other articles of glass-ware.

MINING is either healthy or unhealthy, according to the pure, or poisonous quality of the mineral wrought in, and other incidental and local circumstances.

AGRICULTURE is the most ancient, useful and healthful business, aside from incidental and local obstacles to health. Among the tillers of the earth are to be found the long lived, the virtuous and the happy.

PART II.

NAMES AND SYMPTOMS

OF THE DIFFERENT FORMS OF DISEASE, WITH
AMPLE DIRECTIONS FOR CURING THE SAME.

This part of the work contains a general description of all of the diseases that are mentioned in Doctor Thomson's work, together with several that are not; also, ample directions for their treatment and removal, where they be at all curable. This is to be done with the medicines described in the fore part of the work—in addition to which, due regard being paid to the dietary rules and other regulations therein laid down, will be found to be amply sufficient for the public or private practitioner, in every case of disease known in our country, and probably in the world!

DECLARATION OF INDEPENDENCE.

When, in the course of human events, it becomes necessary for one profession or people, to dissolve the social bonds which have connected them with another, and to assume, among the powers of the earth, the separate and equal station to which the laws of Nature and Nature's God entitle them, a decent respect for the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident:—that all men are created equal; that they are endowed with certain unalienable rights; that, among these; are life, liberty, and the pursuit of *health*. And, to secure these, theories are established among men, deriving their just powers from their truth and practicability; that whenever they be,

come destructive of these ends, it is the right of the people to alter or abolish them, and to institute new ones, laying their foundation on such principles, and organizing their powers in such form as to them shall seem most likely to effect their safety and *health*. Prudence, indeed, will dictate, that those long established, should not be changed for light and transient causes; and, accordingly, all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But, when a long train of abuses and usurpations, pursuing invariably the same object, evince a design to reduce them under absolute despotism, it is their right, it is their duty to throw off such theories, and to provide new guards for their future security. Such has been the patient suffering of the afflicted, and such is now the necessity which constrains them to alter their former system of practice. The history of the present medical faculty is a history of repeated injuries and usurpations; and having a direct object;—the establishment of an absolute tyranny over mankind. To prove this, let facts be submitted to a candid world. They have refused their assent to the administering of medicine, the most wholesome and necessary, for the good of the sick. They have forbidden the interference of friends and nurses, in cases of immediate and pressing importance, and a suspension of all operations until their assent should be obtained, and when so suspended, they have utterly neglected to attend them. They have concealed the science of medicine under language unusual and unknown, and unmeaning technical phrases, for the purpose of preventing a knowledge thereof among the people. They have, in an unbecoming and ungentlemanly manner, contradicted and otherwise mal-treated persons while opposing, with manly firmness, their invasion on the rights of humanity. They have refused, for a long time, after such contradictions, to cause explanations to be made, whereby the people are incapable of arriving at correct conclusions. They have endeavoured to prevent the progress of the new practice of *medicine* for that purpose. They have deceived the people as to its tendency, and caused laws to be passed by some of our legislatures, diametrically op-

posed to it, whereby, preventing its practitioners from recovering the just reward of their labour. They have made invalids dependent upon their will alone, for the tenure of their lives and the amount and payment of their fees. They have administered "poison" in various forms, under the pretence of healing sickness and restoring *health*. They import large quantities of foreign drugs, which complete the work of DEATH and DESOLATION already begun, with circumstances of cruelty scarcely paralleled in the most BARBAROUS AGES, and totally unworthy the practice of scientific professors. We, therefore, the afflicted and diseased, by general consent, agree, appealing to the Supreme Judge of the world for the rectitude of our intentions, in the name and by the authority of our own judgment, do solemnly publish and declare that we are, and of right ought to be free and independent; that we are absolved from all allegiance to the MINERAL MEDICAL FACULTY; and that all practical connexion between us and said faculty is, and ought to be, totally dissolved. That, as free and independent people, we have full power to procure medicines, administer the same, expel disease, establish *health*, and do all other acts and things necessary for the promotion of our health and comfort. And for the support of this declaration we mutually pledge our lives, our fortunes, and our sacred honour!! E. H. R.

Botanic Sentinel.

CLASSES OF DISEASES.

One grand principle in this system of practice, over every other known, and one which saves Thomsonians from a great deal of unnecessary trouble, uncertainty, doubt and perplexity in the management of a great many cases, especially new ones, is, that of classing them, according to their immediate causes and effects. For instance, if my neighbor and I travel together the same road, and be exposed to cold or wet, although we may be of equal ages, equally strong and healthy and equally clad, yet we may appear to be very differently affected by the exposure. The next day, I may have tooth ache and he may have violent cough;—I may have pain in my head and eyes,

and he may have similar affections in the limbs and joints, and may call it rheumatism; ¿ what is in the mere name? —or I may take a violent cold, and suffer much with obstructions in the nose, breathing organs and glandular system, which may greatly affect the breast and lungs, and he may take a raging fever. Now! ¿ what can be the great difference between these diseases? seeing each of them had its rise in a similar exposure, in a storm, or the like. The calomel doctors may say, one has “*the cold*” and the other has “*the heat*,” or one has “*the cough*,” and the other has “*the slaver*,” or the one has “*the tooth ach*,” and the other has “*the back ach*,” or the one has “*a catarrh*” or “*pleurisy*,” and the other “*the strangury*,” &c.,—when, in fact, we both have taken not more or less than a violent cold, which was the cause, and we be merely effected thereby with local obstruction. But, because the cold has made its attack, or has settled in different organs or parts of the body of these two patients, the doctors think they are affected with very different diseases, and give their complaints different names, and hence they apply very different remedies, (and probably all poison,) to these poor suffering patients; when, behold! each has but a bad cold, somewhat differently located, and might be speedily cured with the same medicines, by a slight difference in the mode of their preparation and application, and in a time similarly short.

So it is with *all fevers*; they may be denominated so many heats, or kinds of heat; when, in fact, they are just so many colds, which may have caused *different local obstructions*, in different bodies, or even in the same body, at different times. Hence the multitude of names given by the old faculty.—See page 152.

Again, Mortification is a form of disease which, although considered generally fatal, by the doctors, yet while it is called inflammation, it is less so, and while it is merely cold or obstruction, but giving more or less of pain, there is considered still no danger; and these are denominated so many different diseases, and are very differently treated by ignorance and quackery. The fact is, these are but different stages of the same disease, and may be cured (if curable at all,) by the same remedies. It is well known that most kinds of hurts and bruises cause local obstructions,

which impede the circulation of heat and life, freely, through or along their proper passages; by which hindrance, cold gets in, and occasions pain, then inflammation, and, after that, mortification, and, lastly, death. And, as the obstruction is the fore-runner or cause of the absence or departure of the heat, (which is cold,) so this cold is the fore-runner of the disturbed state of the heat, or inflammation, and inflammation is the fore-runner of mortification,—which is the fore-runner of death. Now, sirs, if we have the medicine that will cure mortification, it will, even more readily, cure all of the prior stages of the disease; for, that which will put out a large fire, will easily put out a candle, without any regard to the name.

Again, I may mention the Small Pox, which, Doctor Thomson says, is the greatest degree of canker and putrefaction which the human body is capable of receiving at the same time, to live; the measles is a similar disease, and equally contagious, but exhibiting a lesser degree of canker and putrefaction. The same may be said of the chicken pox, scarlet fever, canker rash, and all other similar rashes or canker diseases, down to a single small pimple. They are all classed together, and can be cured by the same medicines; and that which will cure the small pox, will cure all of the minor form of this class, and so on, with all other diseases; for, says our father, Thomson, that which will put out a large fire will easily put out a candle. Thus, he strictly directs that we should always study to understand how the patient is held, and doctor him for his ailment, instead of studying to find out, and identify each particular form of a disease, with a DIFFERENT NAME, which course always leads into difficulty, doubt and uncertainty. In this system we only want to know precisely what the *matter is*; then Doctor Thomson tells us plainly, what the CURE IS.

The medicines are all numbered; each particular number of the primary medicines being exactly adapted to a particular form of disease, or the phenomena produced in the fluids or solids by some certain form of disease. So that the practitioner should always, in the first instance, examine into the true situation and state of the patients, and understand where to class each particular form of disease, and then efficiently apply the proper primary

medicines, according to their medicinal properties. At the same time, he should not overlook the secondary preparations where they are directed to be used, or may appear necessary.

According to the above plan, and course of medical treatment, with proper and timely care, and due perseverance, there need scarcely be one acute case of disease lost, in a thousand. Have good medicine, begin moderate, increase gradually, persevere faithfully, and success will attend ye.

GOLDEN OPINIONS.

The Flora of North America is astonishingly rich in remedies. There is no doubt in my mind, that in more diseases than is generally acknowledged, vegetable simples are the preferable remedies. Who knows but in time these native productions of the field and forest, will so enlarge and confirm their dominion, as to supercede the employment of other medicines.—*Prof. Waterhouse.*

To yield to any authority would here be criminal. Facts must and will stand.—*Dr. Underwood.*

It would be highly advantageous to the public, and likewise to the best part of the Medical Profession, if the predisposition and occasions of disease were made a portion of the education of every gentleman.—*Dr. Armstrong.*

Every physician must rest on his own judgment, which appeals for its rectitude to nature and experience alone.—*Gregory.*

An obstinate adherence to an unsuccessful method of treating a disease, is self-conceit—it generally proceeds from ignorance—it is a species of pride to which the lives of thousands have been sacrificed.—*Ibid.*

Our want of success is occasioned by the following causes: 1st, our ignorance of the disease; 2d, our ignorance of a suitable remedy; 3d, want of efficacy in the remedy.—*Ibid.*

If truth doth any where manifest itself, seek not to smother it with glossing delusion: acknowledge the greatness thereof, and esteem it thy best victory when the same doth prevail over thee.—*Hooker.*

The whole nation is groaning under the present prac-

tice of the Medical Profession, which fosters disease more than it cures, and debases or ruins our constitutions.—*Morrison.*

All men ought to be acquainted with the medical art. I believe that, knowledge of medicine is the sister and companion of wisdom.—*Hippocrates.*

In early times skill in healing was esteemed a part of wisdom. I believe the practice of medicine should be agreeable to reason.—*Celsus.*

As health is the most precious of all things, and is the foundation of all happiness, the science of protecting life and health is the noblest of all, and most worthy the attention of all mankind.—*Hoffman.*

Health is so necessary to all the duties, as well as pleasures of life, that the crime of squandering it is equal to the folly, and he that, for a short gratification, brings weakness and disease upon himself, and for the pleasure of a few years, condemns the maturer and more experienced part of his life to the chamber and the couch, may be justly reproached, not only as a spendthrift of his own happiness, but as a robber of the public—as a wretch that has voluntarily disqualified himself for the business of his station, and refused that part which Providence assigns him in the general task of human nature.—*Dr. Johnson.*

DISEASES, AND CURE.

ABSCESSSES.

This article includes all of those forms of disease, called *boils* or *biles*, *imposthumes*, *fellons* *whitlows*, and other festering sores. They may be classed together, and cured with the same medicines, and by a similar process,—some, requiring more thorough and energetic treatment than others.

From whatever cause an inflammation may proceed, it must terminate either by dispersion, suppuration, or mortification. If the inflammation be slight, and the constitution sound, the dispersion may be accomplished by the courses of medicine, (as directed at page 129,) opening

the natural channels, and thus carrying off the obstructing and offending matter. Even where discharges are had by suppuration and absorbing poultices, the course of medicine, repeated occasionally, and especially injections and vomits, will greatly accelerate a cure.

SYMPTOMS.—The formation of matter or corruption, under the skin, or in any part of the body. It is preceded by inflammation, accompanied by a dull heavy pain; the pain becoming more and more acute and darting; a peculiar throbbing; the swelling becomes more and more elevated, and soft to the touch, and if the tumor be not opened, it will generally burst, when it become ripe.

CURE.—In all common cases, give frequent injections and emetics, and apply a softening poultice to the part affected, which will hasten the ripening and discharge. If the tumor break externally, absorbing poultices should be continued, until it be entirely discharged, and begin to heal; then the healing salve should be applied, till a cure be effected. In all bad cases of this kind, and especially if it be inward, as in the lungs, liver, or otherwise deep-seated, the full courses should be resorted to, till entirely cured.

Doctor Curtis relates a case of a young man who had an abscess formed on his lungs, who after going through a few courses of medicine, discharged voluntarily, a half pint of morbid matter, and soon got well, and the pain in the breast that had been endured for years, departed.

The common *boil* is a hard, circumscribed, inflamed tumor, which sometimes becomes a very painful and troublesome sore, requiring thorough treatment, and a constant use of No. 3, both in poultices, injections and drinks, for the removal of the canker from the system, and also full courses to open the natural channels and equalize the circulation of the body.

Fellons come on a joint, and are often caused by a sprain or bruise, which makes a leak in the joint or muscle. The sooner it gets vent the better. It sometimes comes in the inside of the hand, gathers and presses for vent, and breaks through the back of the hand, sooner than get through a thick hard skin, on the inside. When these symptoms appear, and a poultice be not likely to open it, we should burn a piece of spunk, the size of half a pea, on

the place we desire it to break. When burnt sufficiently, run the point of a needle into the dead skin, raise it up, and cut out a piece under the needle, to let out the *matter*; then poultice till it discharge; then salve till well. When spunk cannot be had, a little quick-lime slacked in an open ended thimble, set exactly over it, will answer the same purpose. Fellons do not always require the burning process, as the poultices alone will often be sufficient. If painful, wrap it up in wet cloths, of several thicknesses, and continue to drop on cold water, as long as the pain continues;—at the same time, the patient should take repeated doses of Composition and No. 6, to keep up the inward heat. When the pain be assuaged, apply the poultice, &c., as directed.—The plan of burning is far preferable to cutting open, as practiced by the lancet faculty; for cutting the living flesh, forms a leak, and is liable to injure the joint, which is not the case by our mode of sereing.

Whitlows.—These are inflamed tumors, similar to the above, but they make their appearance at the ends of the fingers. They should be backed if possible, as well as the above, when they first make their appearance. This may readily be done, by taking clysters and vomits, and a few doses of No. 2 and 3, then dipping the finger frequently in the 3rd preparation of No. 1: or applying a poultice of No. 1, 3, and arsesmart thereto, or any of these.

ABSTINENCE OR FAMISHMENT.

SYMPTOMS, PROGRESS AND TERMINATION.—During the first two or three days after total abstinence from food, in a person previously in sound health, the suffering from hunger is generally severe. The thirst is also at times distressing, but the thirst is not constantly attendant. The pulse during this period remains natural, and so does the temperature of the body. All the evacuations are scanty, and take place at distant intervals. After the first two or three days, the wasting of the body becomes visible, the fresh color, characteristic of health, disappears, and the features and the limbs, instead of being plump and round, sink and collapse. The loss of weight, which increases rapidly, is appreciable, and the progress of the

emaciation is striking. The physical debility increases in exact proportion with emaciation: and the mind becomes weak, confused, wandering, irritable, and at length almost deprived of reason. At this time there is little or no pain from hunger or thirst, or these uneasy sensations return only at intervals, and are seldom acute and never lasting. The pulse at this stage may be a little quickened; it is certainly easily excited; and in like manner the heat, which seldom sinks below the natural standard, is readily parted with,—so that a slight change in the temperature of a room is felt acutely, and produces very uneasy sensations, a fact which demonstrates to the physician the feebleness with which the functions are carried on, no less clearly than the physical debility itself. The most remarkable and curious phenomena which next supervene are those connected with the intellectual faculties. The loss of power to perceive accurately, and to connect the trains of thoughts, is followed by decided delirium, which is at first of a low muttering character, similar to that which takes place in the last stage of typhus fever; but this sometimes passes rapidly into furious and even maniacal delirium, requiring coercion just as great as a violent paroxysm of madness itself. Generally the delirium is preceded by a stage of watchfulness and restlessness, it being impossible to procure sleep or quiet; and finally, the skin becomes intensely hot, the pulse extremely rapid, the emaciation frightful, the debility so great that scarcely the slightest movement can be performed, and at length the individual sinks exhausted, into a state of lethargy.

CURE.—In all attempts to recover those who have suffered, or are suffering, under the calamities of famine, or extreme abstinence, great circumspection is required. Warmth, cordials, and food, are the only means required, in many cases; but it is evident that these may prove too powerful, in their operation, if not administered with caution and judgment. For the body is reduced by long fasting, to a state of more than infantile debility. The minute vessels of the different organs collapse for want of food, to distend them. Even the stomach and intestines shrink, in their capacity; and the great fountain pump of the heart, languidly vibrates, having scarcely energy

enough to pump the blood through the lungs and arteries, to the extremities, and along the deep crimson channels. Under these distressing circumstances, emolient clysters, in the rectum, would be good to give, as the first thing; then a little Composition tea, in repeated small doses, rather weak at first. When the patient begins to feel the inward warmth increase, or a sensation of cold outwardly, the feet should be placed in a warm water bath, about blood heat, for a few minutes, and the warming medicine repeated, and a very little water gruel, toast-water, new milk, or very weak soup, or broth, given—not at all allowing the patient to satisfy his craving, for several days, or even weeks; yet the quantity may be gradually increased as the case may require. It will also be necessary to continue the injections occasionally, for some days, and from the first, a small portion of Golden Seal, Laxative No. 4, Bitter Root, Butternut Syrup, or the like, should be given, to keep the canals open, until food and medicine distend them. A little new milk, gruel or weak broth, may be given, by way of injections, in small portions, and retained some time, to great advantage.

Mother's Cordial, No. 5 Syrup, or the Bitter Nerve Drops, would be an excellent medicine for the restoration of the famished, along with our diets. No 1 and 7, should be given in small doses, so as not to sicken, unless some other medicine be given, which may have No. 1 in it, as the Cough Drops or the like.

ACIDITIES, GRIPES, CHOLIC, &c..

SYMPTOMS.—These complaints are attended with green stools, flatulency, and often choleric, pains which often arise from weak digestion, and general debility. They are often caused by over-eating; by green fruits; improper food; bad milk, &c..

CURE.—Injections may be first given. The pearl-ash, salærat, or a little weak white ley of hickory, sugar-tree or white ash, or soot tea sweetened, may be given, a few teaspoonsful at a time. Attention should be paid to the diet; and flatulent, undigestible food, unripe fruit, and trash, such as simple, uninformed persons foolishly indulge in, should be carefully avoided. An emetic might

be given, to clear the stomach of any watery crudities, that may exist therein; then follow up with Composition, or No. 2, 3 and 6, and then continue the No. 4, till all the symptoms be gone. For infants, or very young children, No. 5, or Infant Drops may be used freely. Regular exercise, meals, rest, and general habits, will contribute much to the health of old and young.

AGUE AND FEVER.

Causes.—Effluvia from putrid stagnated water; exposure in wet and rainy weather; getting the feet and clothing wet; evening dews; night air; lying upon the ground damp houses, &c..

SYMPTOMS.—Pain in the legs, loins, back and head; coldness, shivering, languor; nails a dark livid color; coldness at the extremities; and often sickness and vomiting. These symptoms are generally succeeded by shivering and violent shaking, which lasts from fifteen minutes to an hour, or more, in some cases. When the shaking abates a little, a hot burning fever is exhibited, all over the surface; and it is often succeeded by sick stomach, and a loathing of almost every thing, except some grateful music.

CURE.—A few full courses of medicine repeated daily, —vomiting often, and feeding the patient well, all the time, with No. 2, 3, and 4 or Tonic Powders, every two hours, and in the mean time, a sufficiency of light nourishing food, and a few days practice, will effect a cure.—If, however, it should linger several days longer than expected, the patient should go through a full *course* every morning, and a short one every night, and take No. 3, and a little laxative No. 4, or No. 3, and Golden Seal, night and morning, in addition to the other treatment, and there will be nothing to fear, for this treatment, persevered in, the surface kept dry, and reasonably warm, will make ague flee away.

ANEURISM.

SYMPTOMS.—This is a disease we see mentioned in

the bills of mortality, and described in the books, as being an excessive dilation of the arteries, generally found in the ham, thigh, neck, groin and arm. This symptom is caused by a very small tumor, in the part affected, which is attended by a peculiar throbbing. It disappears when pressed, and returns the moment the pressure be removed.

CURE.—Full courses; and avoid all sprains, hurts or the like, often bathing the feet in the best manner;—and cleanse the system well, by the emetics, and apply the Nerve Ointment to the tumor. Bathing the tumor with the 3rd preparation, of No. 1, just before using the ointment, occasionally, would be good. Care must be taken to maintain an equalized circulation throughout the system.

APOPLEXY.

Causes.—A rushing of blood to the head, or a collection of watery humors about the brain. It may be occasioned by any thing that increases too great a circulation towards the brain, or prevents the return of the blood from the head: as intense study; violent passion; any thing tight about the neck; a rich, luxurious, or highly seasoned diet; suppression of urine; over-heating, and cooling too quick; mercurial salivation; excessive venery; stoppage of natural or customary evacuations; wounds on the head; long exposure to excessive cold; poisonous exhalations; use of opium, &c..

SYMPTOMS.—The usual fore-runners of apoplexy are, giddiness, pain and swimming in the head; loss of memory; drowsiness; apparent noise in the ears: night-mare; spontaneous flux of tears; laborious, low, unregular breathing, &c.. When apoplectic persons, or others, are sensible that any of these symptoms are increasing in them, there should be no time lost in applying an efficient preventive or remedy.

CURE.—Proceed immediately to give warming, and stimulating laxative clysters. When two or three injections be given, let the patient be laid upon a bed, with his head and shoulders raised, so as to form an angle of about thirty degrees with the plane of the bed, at the same time,

let the feet project over, into a tub of warm, or hot water, for soaking, or vapor bathing, as directed at page 103 of this book. The bath may be medicated with lavender, pulverised mustard seed, wormwood, or the like, to good advantage;—draughts of mustard with bruised onions, weakened with fine corn meal, so as not to cause a blister, may be applied afterwards, to the soles of the feet. A small portion of lavender and mustard seed in a tea, and sweetened with honey, may be taken inwardly. The hands also should be covered in bed along with a steaming stone or brick, as directed for *steaming in bed*, page 97. Composition or No. 2, with a little Nerve Powder, and Golden Seal, added, should be given, as soon as the patient can take any thing. Give no No. 1 inwardly, until the violence of the symptoms abate; but when soaking the feet, the addition of the 3rd preparation to the bath, and to the hands, wrists &c., would be good. And when the feet come out of the bath, let them be well wiped, kept warm, and all the lower extremities well rubbed with the clear 3rd preparation, if it can be had; or in the place thereof, the vinegar lotion, mixed with the sour tincture of No. 1; gentle friction with warm flannels, is also good to assist in restoring the proper circulation.

Continue the above treatment with a free, unbroken perspiration, until all the pressure leave the head; then put the patient through a full course, of the medicine; and as occasion may require, a short and long course, will prevent a re-occurrence of those distressing symptoms.

APPETITE LOST.

Cause.—Morbid stomach; want of digestion; want of free air and proper exercise; grief; fear; anxiety, or any of the depressing passions; excessive heat; strong fatty food; strong drinks; tobacco; opium, &c.

SYMPTOMS.—A want of inclination to take regular food; head ach, or sick head ach; a sense of increasing weakness, &c..

CURE.—Exercise daily in pure dry air; take one or two short courses of medicine, and follow up with the long course. This will be sufficient in common cases of

this kind. Where the stomach, bowels and general system be out of order, a full course should be administered, repeatedly, and followed up between whiles, with the *short or long course*, till health be restored.

ASTHMA.

Causes.—This is often a hereditary disease. It may likewise proceed from a bad formation of the breast; violent exercise, especially running; striking in of any rash, as small-pox, measles, &c.; spasmodic affection of the lungs, or any thing that impedes the circulation of the blood through the lungs.

SYMPTOMS.—A quick laborious breathing, with a wheezing noise. In some cases the difficulty of breathing is so great, that the patient is obliged to remain in a sitting or standing posture; fever; head-ach, &c..

CURE.—When this disease is hereditary, a perfect cure can hardly be expected; but a strict adherence to the rules laid down in this book, for the preservation of health, and longevity, much relief and ease may be obtained. When unexpectedly attacked with a fit of asthma, a full course of medicine should be immediately administered, if practicable; otherwise, place the patient in a bed, as described in case of apoplexy, and immerse the feet in the warm water, or vapor bath, either simple or medicated, taking care to cover the legs, &c., with a blanket. The patient should drink freely of Composition, Ginger, or No. 2 tea, with the addition of Nervine, until perspiration ensues. Then wipe the feet dry, and bathe them with some stimulant, then take a few doses of the prepared emetic, or any of the preparations of No. 1, or in place thereof, large and repeated doses of the Cough Drops, until the stomach be well cleansed, as directed at page 125 and 126. After the operation be all over, the patient should take some more light nourishing food, and when the sweating begins to abate, wipe dry and change the clothes, and make daily use of the Cough Drops and Composition, or No. 2, 3, and 4. This treatment should be repeated, as occasion may require, until entirely relieved.

BALDNESS.

Causes.—Hereditary weakness; thin skull, or thinness of the skin, &c., upon the skull; scurf; obstructions in the skin; sickness; fever in the head, &c..

CURE.—Clear the head and the whole system with full courses of medicine, and the head often, with tepid water and soap. Then use daily the following vegetable lotion and liniment.

Take green lobelia, white (garden) lilly root, maiden-hair, sweet fern or meadow fern, low mallows and marsh mallows, spearmint, slippery elm bark, and a little salt, bruise them well, and make a strong tincture thereof, in a suitable quantity of whiskey, or the best rum. After digesting ten days, strain and bottle for use. Take of the 3rd preparation of No. 1, and sweet oil, or oil of polecat or neatsfoot, or horse, and add to the 3rd preparation, equal quantities, shake well together, and keep bottled for use. These will form a very valuable ointment for many purposes.

After going through a course of medicine, bathe the head with a little sour tincture of No. 1, then a little of the above compound tincture, and lastly, with the ointment of 3rd preparation and oil. These must be used in very small quantities, with regularity. Injections (the common) or, of No. 3, and No. 4 tea, with a table spoonfull of the above compound tincture, a teaspoon full of No. 6, and half a teaspoon full of Nerve Powder, daily. Previous to taking this clyster, the bowels had better be evacuated by some cheap, cleansing clyster; then this one may be retained for a much longer time to great advantage.

The head must be kept clean, and carefully combed, and free from sudden transitions of heat and cold. The above is without doubt, the best and most approved Thomsonian treatment, to prevent baldness, or to restore the hair, where it be possible. But there are some heads supplied with so thin and steril a soil for nourishing a crop of hair, that it is almost impossible to prevent baldness, or to restore the hair, when lost. However, the above treatment is well worth a fair trial, in the most hopeless cases. Many subjects will require a constant

care to keep the body loose and open, by the above treatment, in addition to the external applications to prevent a loss of the hair.

BEAUTY, DEFORMITY, COSMETICS.

Beauty is no health, nor deformity sickness; yet articles called cosmetics, are still used and in constant demand. This fact alone, if no other, proves that beauty is an article or property of delight, and contrarywise, a hagish or deformed appearance is a property, or phenomenon of disgust. Hence a few remarks about this interesting state of perfection may be allowable. But in doing this in this place, I hope I shall be excused in treating of the question briefly, as follows:—Beauty or perfection will be considered good health; and deformity we will call ill health or disease, and cosmetics, the medicines with which to perform the cure.

Beauty of the human figure, countenance and complexion is the subject here most particularly alluded to; and although I think I justly esteem due proportions in size, figure or form, shades of complexion, &c., yet I make not of these an idol-god, as some do, to dote upon, nor do I dare scorn, or treat with disdain, that which has had no hand in its own formation. Some may say that beauty is a mere gift of nature, bestowed on but a few, without any regard either to justice or merit, and that we ought therefore rather to despise than desire it. To such grave, unphilosophical reasoners, a friend at my elbow wishes to say, that *beauty* is a quality, which no exertion of human wit, can bring into contempt: Therefore I shall not be disappointed by anticipating the attention of all the gentlemen and ladies of science.

It must be a truth, that *beauty* is the effect of *good health* and order in the arrangements of all of the parts of the thing beautified; that *deformity* is the effect of *disease*, or disorder in the arrangement, or in the management of its parts, or of the whole. Hence it follows, that as we are all Thomsonians in faith and practice, we look up with full confidence to this beloved system, and thank its founder for the blessings imparted to us through his instrumentality. He is himself now old and full of

years, and possesses a healthful and brightened countenance, a lively and lasting proof of the superiority of his system over every other known in the world. He was formerly weakly; his progeny, if any thing, more so; and several of his family, who had been attended by the practitioners of the poisoning system till the grim messenger knocked at the door and threatened an entrance, at which, the faculty who attended, fled and left his almost dying, helpless infants in his wearied arms! ; No wonder, then, that he arose in the might of his powerful mind, to save his sinking babes, which he did, five in number, and then went on, and perfected this glorious system, giving health, strength and beauty, for sickness, deformity and threatening death!! Then let all who prize good health, strength and beauty, and desire to preserve them, to a good old age, study and make themselves familiar with the simple rules and cautions laid down in the "Thomsonian Practice," and their reward will follow in proportion to the labor bestowed. Look, for instance, at the article about cleanliness, at page 160. ; See how the practice of that virtue alone, will contribute to health, long life, and even beauty! Read also, the article on Infection, and that on Clothing, Female Dress, Regimen, Hereditary Diseases, and various other important subjects, treated of, and judge ye, whether my conclusions be not correct. The proper government of the passions, bring every propensity and desire, and, consequently, action of mind and body, into due subjection to the dictates of reason, and is the first and greatest step in this noble reformation. The most elegant feature, no matter how well proportioned, nor blooming soever it may be, requires also, that mental animation to make it attractive. If the countenance express no emotion, it will be viewed without regard; and those passions it expresses, will commonly excite the same in others. Looks of contempt, envy and disdain, can never excite love; but on the contrary, they will reflect as from a mirror. If it be true that the predominant passion may be seen in the countenance, the appearance of the countenance accords with the predominant passion; and as the predominant passion is regulated by the mind, the countenance is also. Therefore beauty depends chiefly upon the mind—the

cause internal, and consequently is within the influence of cultivation.

It is to be wished that these things were better understood and attended to, as they would save many of our dandies and young females, a great deal of pains which they take to appear beautiful, by assuming an artificial aspect. This artificial aspect cannot impose upon the wise and prudent: its ultimate fate is to be detected, and the hopes of its possessor completely overthrown. That beauty which irresistibly attracts attention and secures the affections, springs from a purer principle, emanating from intellectual excellence, and acting as a charm upon the beholders, is more easily felt than described; it implies an amiable softness and sensibility; certain engaging sweetness diffused over the whole countenance, indicating the most refined feelings of the possessor. The existence of these qualities, always require corresponding feelings; therefore let those who desire to possess them, learn to be good. Hence it follows, that those who wish to be good, must learn to govern their passions and keep all the other, observances of the "*Thomsonian Practice.*" In this, Phrenology comes in, and of our attention claims a share.

Phrenology is the branch of science which teaches that the *brain* is the organ of the MIND, and its action necessary in every operation thereof; and that a most intimate relation exists between the two, and, also, that their relation is *reciprocal*.


"How impossible soever it may be for us to comprehend the *connexion* between mind and matter, it is, nevertheless, undisputably true, that we have no knowledge of the operations of mind, except through the medium of its *physical organ*. This fact admits of the most ample proof; but without proof, it must be obvious to every one who reflects at all,—that we know nothing of mind as a *separate entity*, or a thing that acts independently of its organic apparatus."—*Fowler*.

Now then, if beauty depend upon the health of the body and the proper government of the mind, ; How essential it must be for every man and woman to become acquainted with their own physical construction and character. It is indeed a subject that every one should

lend some attention to, that they may attain to the greatest possible degree of perfection: then, indeed, will the good fruits of their labors shine, not only upon themselves, but through succeeding generations. For it is a fact susceptible of positive proof, that children *unborn*, receive the greater part of their beauty, or deformity from the good or bad management of their progenitors.

Causes of Deformity.—The natural and artificial causes are too numerous to relate the half; the following may serve for a sample. Hereditary diseases and malformations, deformities, &c.; a description of these alone would almost fill a volume;—another thing which always tends to destroy and take away beauty, is the use of pernicious drugs sold by the perfumers for the purpose of beautifying the skin, which tend in the long run, to destroy its fine colour, soft texture, and healthy appearance;—unbridled passions, which prey upon the nerves and vitals, destroying all the peace and serenity, which gives evenness and a due balance of circulation, and thus wrecks the nervous system, which is always expressed upon the countenance, as heretofore stated;—fear;—frights;—grief;—even the force of a disturbed imagination;—too laborious, or long continued exercise, especially at sedentary employments;—too severe confinement at study or the like;—neglecting to attend to the calls of nature for evacuations;—neglecting bodily cleanliness;—too rich or too highly concentrated food;—the use of narcotics, such as tobacco, opium, intoxicating liquors, &c.;—excessive venery; excessive cold;—excessive heat;—tight lacing;—too flimsy clothing in cold or damp weather;—wearing of corsets and stays;—tight shoes and two thin stockings for the season;—exposure to infectious disorders;—swallowing offensive expectorations, as flegm, snot, &c.;—exposures to sudden heats and colds which obstruct the natural discharges through the pores, and cause rashes, pimples and other ugly eruptions to rise in the skin;—eating too much or too little food, or eating unwholesome food or unripe fruit, or any other like practice that may overburden or derange the digestive organs and destroy the tone and vigor of the stomach; for as soon as that be injured, the brain, through sympathy, becomes affected, the countenance loses its expression of

vigor, health and beauty, and tells that wan disease, is there.

Then begin to feel your Phrenological bumps, study your own character and constitution; become good Thomsonians, and then to the 

CURE.—First take an everlasting dose of good resolution, strengthened with firmness, and well tempered with common sense, and illuminated with a tolerable American Education; interlard these with a knowledge of all the Thomsonian remedies for disease, (and a suitable stock of the medicines,) together with the knowledge of the nature and symptoms of the different forms of disease. Then go straightway to work and cure yourselves of every malady, following truly our prescriptions throughout, and Æsculapius will have rewarded you with the hygiean gift of health, and Herculean strength will again be restored to your limbs, and then the eminently dazzling charms of the powerful goddess of love will cause the graces in your faces to shine.

; Now! even after saying all that I have, relating to this subject, and received from many the reply, that they have done every thing that this system requires for cleanliness, the preservation of health and beauty, calmness and sweetness of temper, and yet the sun tans, and the wind and pimples rise to chafe that wonted delicacy and softness of surface, which is so much an object of anxiety and concern, ; I will tell you, my would be fair friends! I will tell you what ye may do:—after every other thing has been done to restore soundness of body and limb, purity of blood, and to restore the strength of the digestives, if pimples, blotches, or roughness should still appear, use any, or all of the following prescriptions:—

Take of aspen poplar, pipsissaway, burdock root or seed, white pond lilly root, slippery elm, rattlesnake-root, Composition and Nerve Powder, of each equal parts, all in fine powder, well mixed together; scald one tablespoon full of this powder in six jills of boiling water, and divide the whole into eight drinks, which must be taken through the day, and must be repeated daily till cured. Every night before going to bed, bathe the part affected with equal parts of the above tea and the 3rd preparation of No. 1: Or in place of the 3rd preparation, No. 6,

vinegar lotion, sweet or sour-tincture of No. 1, tetter lotion, or even itch ointment, may be used. After rubbing the above gently till quite dry, a small portion of sour buttermilk, or sour skim-milk may also be rubbed on, in like manner, till quite dry. In the morning wash clean with soft water and pure soap; rinse off with soft water, with a table spoon full of the sour buttermilk, and half a teaspoon full of No. 3 and 6 compound, described at page 56; or the same quantity of vinegar lotion, or the sour tincture of No. 1, added thereto.

Gentle reader, just listen one moment longer: don't use pearl powder and other cosmetics of the shops, at all; for, rest assured, they will in a short time destroy all thy beauty, and do even something *worse* than that for thee!

Cleanliness is the true cosmetic. Wash yourselves clean, add no artificials, and then, in a general way, ye are precisely as beautiful as nature designed, and as your sweet tempers choose; for *mere cosmetics*, all else is hopeless toil. Apply cosmetics to your minds—as ye have often been told, by precept upon precept. That is the true art of beauty. A sweet and good temper, a gentle and virtuous disposition;—these are the cosmetics that will take away all of your ugliness,—they will hide all of your freckles, and smooth all your wrinkles, and render you beautiful, even above your beauty.

It is a fact worth remembering, that much of the deformity in the civilized and learned world, so called, is in consequence of the poisons, lancets, and other torturing instruments in the hand of the college craft; hence we bid to

Mercury—Ars'nic—Opium too—
Physic—Blisters—Lance—Adieu!
And all who use them we deny,
Excepting when we wish to die.

We know that bleeding causes death,
We bleed a beast to stop his breath:
The same they use to save man's life,
To ease his pain, they take the knife.

Much as the moderns take man's blood,
So much his life goes in the flood!
If any life should yet remain,
They then the lancet use again.

With igno'rant conduct such as this,
 They destroy beauty, health and bliss;
 And if all were at their command,
 Men would be slain throughout the land.

We do disdain their pois'ning trade,
 For better purpose, we were made;
 Our fathers fled from tyrants' yoke,
 The galling chains of slav'ry broke.

Should we set tyrants up again,
 Then our fore-fathers bled in vain;
 We honour those who set us free,
 And thank them for our LIBERTY.

Press on, ye lovers of mankind!
 And freedom give the human mind
 From mists that dim the mental eye,
 And ills that cause th' oppressed to sigh.

Press on! the weal of man depends
 On you, its warm and faithful friends;
 For you it is to plan reform—
 And all dark Error's castles storm.

Press on! your path, 'tis truth that lights,
 And love that all your powers incites;
 Let mind no more in darkness grope—
 Be raised in virtue, joy and hope.

Press on! press on to Virtue's prize;
 In truth's bright path the virtue lies:—
 Till all to health and beauty tend,
 Let not the reformation end.

BILIOUS OR MORBID STOMACH.

Causes.—Cold; eating unripe fruit, or undigestible or unwholesome food; loss of digestion, &c..

SYMPTOMS.—Frequent nausea; vomiting flegm and bitter substance, &c..

CURE.—A few doses of the 4th preparation of No. 1, which must be followed up with No. 2, 3 and 4:—Or the No. 1, and a Long Course of medicine.—For further information on the subject, see *Acidities*, and *Cholics*.

BLEEDING AT THE NOSE.

Cause.—Hurt or stroke on the nose; excessive picking, wringing or blowing of it; fullness of habit; any great termination of blood to the head, &c..

CURE.—If the bleeding be not much, or not dangerous, it may be speedily stopped, by wetting the back part of the head and neck with cold water;—If this do not stop it, wash the head and face; blow or snuff up the nose, a little styptic snuff, or a little finely powdered gum-arabic or slippery elm, and it will form a coagulation, and stop the bleeding, unless the rupture be very great. In all bad cases do not depend upon these remedies alone, but in addition to them, give the patient warming injections, in the rectum, and Composition tea to drink,—which repeat, until the bleeding stops. In the mean time however, the feet must be bathed, in the usual manner. If these applications do not succeed in half an hour, then add a good dose of one of the preparations of No. 1 to each dose of Composition, and apply the vapour bath to the whole body, except the head and neck, the circulation will then become equalized, and the bleeding will cease.

After bleeding be stopped, whether from the nose or any other part of the body, and from whatever cause it may be, the patient ought to be kept as easy and quiet as possible. He should not pick his nose, or the part which bled. He should wear nothing tight about the neck, but should keep the body erect as possible;—or the bleeding part elevated to, or above a level with the rest of the body.

BLEEDING FROM THE LUNGS.

Cause.—This may be occasioned by hard bodies getting into the windpipe by excessive drinking; running; wrestling; too great exertion in speaking or singing, aloud. Persons who have long necks and straight breasts, slender frame, and a lax fiber, are most liable to this malady. It may also proceed from wounds in the lungs, from external injuries, violent passions, excessive drinking, &c..

SYMPTOMS.—Spitting of blood is generally preceded by a sense of weight, or oppression on the breast; a dry

tickling cough; hoarseness; difficulty of breathing, pain in the back, loins, &c..

CURE.—The treatment must be the same as for bleeding in the stomach, with repeated full courses, at short intervals until cured. In addition to the Witch Hazel and Red Raspberry leaf tea, the patient must take daily of the No. 2, 3 and 4 teas, as directed under their respective heads, until restored. Frequent injections and foot bathings will be of great service. Let the patient keep calm and easy, and take light wholesome diet. The mind also, should be likewise soothed, and every occasion of exciting passions avoided.—See my chapter about the passions, page 192, 193, 194, &c..

Those who are subject to frequent returns of this disease, should avoid every kind of excess. Their diet should be light, wholesome and nourishing. Frequent bathing the feet and legs in warm water, or vapor, and then with stimulating lotion, would also be very servicable. Particular care should likewise be taken to keep the bowels regular,—and never go to bed at night without taking an injection or two, if needful.

BLEEDING FROM THE STOMACH.

Cause.—When the stomach has been long in a morbid, cankered state, the inner surface or coating becomes corroded and eaten through to the small blood vessels, by the canker, so that when the canker becomes removed by any means from time to time, it leaves these small vessels exposed to bleeding.

SYMPTOMS.—Vomiting of blood, cankerly matter, &c..

CURE.—The first thing, is to equalize the circulation throughout the system,—by warm clysters;—drinking Composition or No 2 and 3 tea, and a strong tea of Witch Hazel and Red Raspberry leaves, soaking the feet, and steaming the body.

BLEEDING EXTERNAL.

In cases of bleeding from cuts or the like,—suppose on a hand, foot, &c., raise the wounded limb up, as high

above the rest of the body as possible, and press or bandage the orifice of the wound together, as well as possible, and pour upon it, cold water from a cup; give the patient a plenty of Composition tea, or No. 2, or at least the hottest medicine that ye have, to equalize the circulation through the body, which will take the pressure from the bleeding place. If these do not stop the bleeding in a short time, then apply a warm bath, soaking, or the like, to other remote parts from the bleeding place, which will induce the blood thence. As soon as the bleeding ceases, apply salve, sticking plaster, bandges or whatever the nature of the wound may seem to require. Take occasionally of Composition and No. 3, and 4, to prevent cold, and canker, and to purify the blood, until well.

BLOODY URINE.

Causes.—Injuries in the kidneys, by hurts, sprains, falls or blows; lifting or carrying too heavy burdens; hard riding; ulcers or diseases in or about the bladder; gravel lodged in the kidneys; too sharp or powerful diuretics, such as cantharides, &c..

SYMPTOMS.—Voiding dark blood-colored urine; sometimes almost pure blood, is voided.

CURE.—The same as for gravel.—Steam the loins and parts affected, well, and often; keeping the bowels in good order all the time, with emolient and tonic clysters, and the stomach and general system warmed and strengthened, by a persevering use of No. 1, 2, 4 and 6. In fact the treatment of this disorder must be varied according to circumstances.—If there be no pain or hinderance in voiding the urine, the above directions will generally be sufficient; but if there be great pain or difficulty, as strangury or the like, bathe the feet often, and place a jug of hot water between the patients thigh's, and against the affected part, to keep up the warmth, and if thought needful, bathe over the parts, externally, with the sour tincture of No. 1, and No. 6, alternately. And if their be pain in the loins, the steaming stones may be applied on each side, as occasion may require. For a clyster in bad cases burdock seed, leaves or root, the seed is the best,

featherfew, marsh mallows, slippery elm, valerian, vervain, meadow cabbage, each a teaspoon full of the powder; scald all of them except the valerian, strain, or let it settle and give by injection in the rectum, two or three times a day. Some of the same may also be made and kept for a common drink. This clyster and this drink, are to be in addition to the above recommended treatment.

BLINDNESS AND SORE EYES.

Causes.—Many have been born blind; not having a perfect pupil or organ of sight. These of course cannot be cured. Others have been born with slight deficiencies or obstacles in the way of seeing, that might with proper treatment,—and have been in some instances, removed,—and the blind brought to see. Blindness is no doubt often brought on by surgical operations of the doctors, cutting and destroying the natural organs, with the knife, caustics, cupping, leeching, &c., to cure spots or specks, cataracts, inflammations, &c.. I believe that there are ten put blind in one or other of these ways, for one, who has not been meddled with by a doctor.

SYMPTOMS.—Bright and wavering bodies or appearances, resembling stars, fires, sparks, melted led, clouds of small, dark thready and crooked wiry appearances; deep yellow or blue appearances of circles of mist before the eyes, or both of these, at the same time, representing bright rain-bow appearances, before the eyes; objects appearing very great and dim,—not distinctly discernable; sometimes apparent objects seeming to move or wave off; ability merely to discern day light distinctly without discerning any objects; sometimes not able to discern day light, &c..

CURE.—Where the subject is born blind, without any degree of perfection in the organ of sight, there is nothing more to be done but to be resigned to the fate. Where the pupil and eye, otherwise, appear to be perfectly formed, there may be attempts made to restore them to sight. The first and most important thing is, to correct the general habits of the body, remove costiveness and all canker from the system, by injections and gentle courses

of the medicine: let the courses consist principally of the short and long ones. Take white pond lilly root and blossoms, lobelia, ground ivy, marsh rosemary root and top, with hazel and red rasherry leaves, yarrow leaves and blossoms, cammomile and privit bark, equal quantities, or any of these in like proportions, where all cannot be had; make a strong tea thereof; then take of fine slippery elm bark, and pounded crackers, equal parts, and mix with a proper portion of the tea to make a poultice;—give several doses of Composition, and bathe the face and eyes with pure, soft, tepid water, or lay a cloth wet therewith over the eyes several minutes, and at the same time continue the Composition, or No. 2 and 3 inwardly, till the fountain be raised well above the stream; then lay on the poultice, and secure it by proper, easy bandages. Renew this every twelve hours, or oftener. Before renewing the poultice, wash the eyes in weak tepid castile soap suds; then, in soft tepid water, in which might be dropped a very small quantity of vinegar lotion, after which wet them with Thomsonian Eyewater, according to the directions, and apply the poultice. If any thing like fungus or film should be in the eye, after several poulticings and washings, and not seem disposed soon to come away, drop upon it a very small quantity of the finest Cayenne pepper, and apply the poultice as before, keeping it moist, while on, with water not too warm, or with some of the poultice tea. Keep up a gentle perspiration with No. 2, 3, laxative No. 4 and laxative clysters, all the time between the courses; which should be repeated every day or two, till a cure be performed, if there be any hope for such a result. Whether a perfect cure be performed or not, the eyes of the patient should be brought to the light, only by degrees and with great caution for a length of time, and the Eyewater occasionally used, the bowels kept regular, and the system otherwise in good order.

Other diseases of the eyes are to be treated upon the same principle, making slight variations to meet circumstances, which any careful observer of common sense and a little experience may do.

A CATARACT for instance, is a thin skin of film, grown

over the pupil of the eye, or some opaque substance growing therein, or an inspissation of the crystalline humor of the eye, which if not dispersed or changed, may produce blindness. For this, the treatment above mentioned is the best that I know of. When steaming the patient, let the feet, legs, thighs, loins, spine, and back part of the head and neck be steamed, from thirty minutes to an hour or more; and make constant use of injections, and if thought necessary, a very little laxative medicine, daily.

AMAUROSIS is a very different affection of the eye, being seated in the back part, or optic nerve; and occasions dimness of sight, and a representation of various figures, images and colors, floating before the eyes, while no defect can be seen in the pupil. There is no doubt with me, but this defect of the optic nerve is the cause of the double vision, a complaint which I myself have been troubled with for about twenty years past, brought on by an inflammation in the head, &c., which gave me the most acute suffering of any disease I ever suffered, in my life. During four days and nights I could neither sleep, nor feel a moment's ease; and in that time my thirst was excessive, causing me to drink, probably, from one to two gallons of water daily; which ran out at my eyes in a continual stream, amounting to several quarts per day. This may appear incredible; but it is nevertheless true. I poulticed my eyes with camomile, stewed in bread and milk poultices, and almost every other thing I could hear of, for about a week; and expected never again to have my sight restored. But by using domestic teas and such articles as I could procure, with the poultices, I got that violent attack, in a measure, thrown off; but for want of having this health-restoring Thomsonian System at that time, my eyes were so far injured that a perfect recovery is never expected. I have, however, helped my eyes much, merely by washing them frequently with our eyewater, and keeping the bowels in good order, according to the directions.

In all such complaints of the eyes, the greatest care should be taken to guard against every obstruction to the natural evacuations of the body, and particularly that of the intestines; and to keep out cold and canker, with No.

2 and 3, &c.. When any soreness or inflammation be felt in the eyes, these directions, with the use of the eyewater, must be followed, according to the severity of the attack.

In all cases, when using the eyewater, for weak, sore or inflamed eyes, &c., follow the directions laid down at page 54, and 55.

Many small children and weakly people are subject to sore and weak eyes; which is generally caused by causer and cold, producing obstruction and inflammation. This difficulty may often be entirely removed in two or three days, if taken in time. When any of these symptoms begin to appear, take an injection of No. 3 and 6, &c., as directed at page 128, drinking freely of the same, or of Composition, at the same time; and when the system become sufficiently warmed, take an emetic, as directed at page 126; and use the eyewater two or three times a day, as directed at page 54 and 55. Bathing the feet frequently, as directed at page 103, while under the above treatment, will in all cases accelerate the cure.

In all very bad cases, or those of long standing, the patient should go through a full course of the medicine, and repeat it, using the eyewater, &c., as directed, till cured.

To extract a needle point or any particle or atom of steel or iron from the eye, or other part.—If the offending piece can be seen, and got at easily, take hold of it with a pair of suitable, small forceps, or pliers, and draw it out. If it cannot be got hold of without an incision, then make a small suitable incision, if the place be not too near the pupil; then apply a powerful magnet, as close as possible, and with great care, and it will extract the iron particle. If, however, it should not be drawn entirely away, it may be taken hold of with a *magnetized forcep or pliar*, and drawn away with ease. The wound must then be dressed, and frequently wet with the No. 3 and 6 compound.—Or if it need a poultice, apply one of Slippery Elm and pounded crackers, stewed in the above compound.

Short Sight.—This infirmity of vision may frequently be cured by the following plan:

The patient is placed with the back part of his head against a wall, and a desk is put before him, with a book on it, at such a distance that he can easily read. After a week or two of practice, the operator moves the desk a little farther off, allowing the patient to retain his place, while reading. In this manner the distance is gradually increased, until the desk and book have been removed to the full extent of ordinary vision, always allowing the patient to acquire the power of reading with ease, before the distance be increased.—The system should be kept in good order, and our eyewater used daily, while undergoing the operation, to keep up their strength, and when the cure be performed, the patient should ever after, carefully use himself to the ordinary extent of vision.

EYE SHADES.—Proper shades, lined under with something green, is, without doubt, a great protection to weak eyes, especially for those who have to work much by candle light. Even in day light, and a bright sunshine, especially, between the sun and a snow, the glaring thereof is too powerful for very weak eyes. They then need protection also. Glasses of a white-oak-leaf green, are very good for that purpose.

Some persons are in the habit of bandaging their eyes for every trifling affection, and rendering them tender and liable to take cold and inflammations, which practice is strongly reprobated. Light and air being thus excluded, and the organ rigidly compressed, when probably there be no need of it, ophthalmia, and even total blindness, may be the consequence of that which was, perhaps, but a slight flow of humor, or a little extravasated blood, which might have been removed in a few days, if judiciously treated according to the directions for sore eyes, in this chapter.

BLISTERS.

Causes.—The causes of blisters are very numerous;—from Spanish flies, called cantharides, from burns, scalds, frictions, freezing, concussions, and other causes.

SYMPTOMS—Inflammation in the part; risings of the skin, filled with water or watery humor, blood, or blood

and water, &c., and having a painful and smarting sensation.

CURE.—The same as for burns, scalds, &c..

BRUISES.

Bruises are of worse consequence than people generally imagine; this is because the danger does not appear immediately, as in cases of cuts and other such wounds; but they have been in some instances the cause of terrible and painful cancers and ulcers, which have caused death.

CURE.—Very slight bruises may be cured by bathing it frequently with the 3rd preparation of No. 1; or with No. 6 and Vinegar Lotion, Rheumatic Liniment or Lotion, &c..

If the bruise or crush be very bad, the patient had better take an injection and a vomit immediately; soak the feet in warm water; drink plenty of Composition or No. 2 and 3, with No. 6 therein; and also, apply all of the applications, above recommended, for a slight bruise. In addition to these, a poultice made of lobelia, wormwood, tanzy, chamomile, bitter-sweet, mullen and burdock, pulped together and bound on warm, either by themselves, tinctured in vinegar and salt, or whiskey, with No. 6 added, will assuage all the pain and prevent inflammation. One or two full courses of the medicine would, in many cases, prevent all future danger.

BURNS, SCALDS AND FREEZES.

These distressing sores, and even blisters caused by cantharides, may be all classed together. They, in fact, are but different forms of the same disease, except that the cantharides impart a poison to the flesh of the patient, which the fire or water does not do. The sore from a burn or scald, and a freeze, are one and the same kind of a complaint, and must be cured in the same way. The freeze is a direct cold, and the burn is an attracted cold. The heat opens the pores more than usual, and

the cold air follows and closes them much more than they were before the application and operation of the heat. This stops the perspiration from going through the surface, and the water collects under the grain of the skin. This is the way blisters arise from burns, scalds, &c..

CURE.—In all cases of a burn, scald or freeze, wrap the disordered part in soft cotton cloths, wet with cold water, quickly as possible, wetting them with the same frequently, to prevent them from becoming dry. Give Composition, No. 2 and 3, or No. 6, to keep up the inward heat, and remove inflammation and canker. Continue this treatment from thirty minutes to twelve hours, according to the severity of the burn, scald or freeze, as necessity may require: At least continue this process as long as the pain and smarting continue. If the skin be off, and inflammation still appear, then apply a poultice of fine slippery elm and fine corn meal, or pounded cracker, stewed in a strong tea of No. 3; and wet it often with the No. 3 tea, and renew the poultice, every twelve hours or oftener, until all the inflammation be gone, then apply the common healing salve, page 51, till healed over.—Or,

A salve may be made in the following way, which I have long known to be highly recommended for healing burns and scalds, without leaving a scar:

Take of the leaves of the young shoots of Rattlesnake herb, when they come up, in the spring, and the inner bark of Elderbush, bruise them fine in a mortar and stew them in butter, press out the salve and bottle up for use.

When a scald be over a great part of the body, apply cotton cloths, of several thicknesses, to the whole surface of the sore, and wet with a tea of raspberry leaves, a tea of No. 3, or if neither of these can be had, a strong tea of chesnut leaves will answer an excellent purpose. Keep it continually wet; and keep up the inward heat, &c., as above directed.

If a scald be under a stocking or other garment, let it remain on, and quickly as possible, apply cold water; add more cotton cloths, wet with water, as above directed. Continue wetting the same as long as the pain and smarting continue, not neglecting the hot medicine inwardly, at the same time.—If the scald, burn or freeze, be very

severe, a full course of medicine must be administered, and then continue the above prescriptions till cured.

Old sores, from any of these causes, must be treated in the same manner as fresh ones, not omitting the full courses, till entirely cured.

CANCERS, ULCERS, CANKER SORES.

These troublesome sores, and even abscesses, and white swellings, are so nearly allied, that they may be considered of the same class of disease,—are often brought on by the same causes, and cured with the same medicines, by a similar process. This information, and plan, of classing similar diseases will certainly be of much advantage to the unexperienced, if they will lend a little attention and thought to the subject, and study the patient, and the cause, nature, symptoms and action of the obstruction, rather than the name. Then, by understanding the medical properties and virtues of the medicines, and applying them perseveringly, without any regard to the name of the disease, the actual obstruction will give way, and be carried off; and health and vigor will regain its place. All of these may be attended to, and done, by any man or woman, of good sense and judgment, while many of the learned faculty will pass day after day in trying to find out, and give the disorder a name, before they know rightly what to administer; and in the mean time, use blisters, lancet, leeches, cupping, and caustics, physics, &c., till their poor patients be almost dead,—“run down” or worn out, with the cruelty of learned ignorance, and many who do survive such treatment, are cripples or deformed for life! ;O, when will the people, all, take into their own hands, the management of themselves, and their families, and save themselves from these distressing consequences, and the expense of the doctors’ heavy bills to pay!! As abscesses and white swellings are treated of, in other parts of this work, I shall only speak here, of what are called cancers, ulcers, &c..

Causes.—These distressing disorders are often caused by hurts; blows; friction; pressure; bruises; poisonous

metals, such as brass copper or the like, running into the flesh; cancers in the breast and other parts of women, are often caused by pricks of brass pins,—things that ought never to be used for fastening clothing on with; long continued use of undigestible food, or food of an acrid nature; suppressed evacuations; corsets; stays; any thing which occasions a constant compression of the breast; it is said, too, that they are often occasioned by excessive fear, grief, anger, religious melancholy, or any of the depressing passions. Hence the unfortunate, and those who devote themselves to a religious life in convents or monasteries, are often affected with stagnations of the vital fluids, which thus engender hard, indolent tumors about the glands, breast, armpits, neck, throat, or some such place, which may terminate in an ulcerated cancer. Persons who lead sedentary or indolent lives, and especially women of gross habit, particularly old maids and widows, about the time or after the menses cease. Sometimes the disease is hereditary, appearing here and there, in different members of a family,—requiring continual care and circumspection, in those thus affected, to guard against cold, canker, and every thing of an undigestible or acrid nature.

SYMPTOMS.—This disorder often seems very trifling at the beginning. A hard tumor about the size of a hazelnut, or perhaps smaller, is often the first symptom. This will sometimes continue for a long time, without seeming to increase, or giving the patient much uneasiness; but if it be hurt or irritated by pressure, or improper treatment of any kind, it begins to grow and extend itself, by putting forth, into the adjoining parts, a kind of roots or branches. It then gets the name of cancer. This name is said to be derived from a fancied resemblance which its roots bear to the claws of a crab. The color of the skin begins to turn red, afterwards purple, then bluish, livid, and at last black. The patient complains of heat, with a burning, knowing, shooting, or twinging pain. The tumor is very hard, rough and unequal, with a protuberance, or rising in the middle; its size increases continually, and the veins near to it become thick, knotty, and of a dark color.

The skin at length begins to give way, and a thin, sharp

ichor begins to flow, which corrodes the affected parts, till it forms a large unsightly ulcer. Sometimes other acute ulcers arise and communicate with the whole surrounding parts affecting the glands, and become a deplorable and extremely distressing ulcer. The pain and twinging is almost unsupportable, and the stench intolerable; the appetite fails; the strength becomes gradually exhausted, and sometimes a violent discharge of blood from some part of the body, with faintings or convulsions, which generally put an end to life.

This violent and often fatal disease, is a high degree of canker, of a very acrid or corrosive nature, the cause and nature of which is very little understood by the learned doctors. They confess in their books, in plain positive language, that "for this disease no certain remedy is known." They say, that if taken in time, while the tumor is yet very small, and before it put forth any roots,—if they take a knife and cut it entirely out, it is the only hope they have of succeeding in a cure!! ;Horrible butchery!! So, if they cut off an arm, or leg, the wound might *heal* without taking the patient's life! But if they cannot get to the bottom of the tumor, and all its roots, ;what will be the consequence of their cutting? but ;how are they to cut below the blood and other juices, which are continually moving, and liable to become tainted, and to carry the taint farther and deeper into the flesh? When they cannot cut, they use poisons of the most active and deadly kind, both mineral and vegetable; and at last, when their patients are in the most awful state of suffering and torture, they can do no more than stupify their senses with opium or laudanum! and let them die in convulsions, or with dreadful bleedings, or mortifications. When a violent inflammation be discovered, the doctors suppose that heat causes the difficulty; but the fact is, it is rather an evidence of cold, somewhere at work in the system; or as Doctor Thomson sayeth, "it is a war between the heat and cold," "for" says he, "there is no inflammation where there is perfect health; because heat then bears complete rule: and no disease can take place until the cold makes an attack on the body; which causes an unnatural heat to oppose an unnatural cold. Whenever the cold takes possession, the inflammation

shows itself, by stopping the circulation; the effect is swelling, inflamed callous, arising from some leak, caused by the natural tone being stepped. If it suppurate and discharge, it is called ulcer, boil, and the like, and the canker goes off with putrefaction. If the leak be so slow as to callous as fast as it discharges, it becomes a hard dead lump of flesh, and not having circulation enough to support it, begins to rot. Here the canker shows its eating nature; being seated in the dead flesh, and eating on the live flesh which is intermixed with it, causes pain and distress, in proportion as the body be filled with coldness and canker: if this be sufficient to keep the power above the natural circulation, the patient will continue in this distressed situation, being eaten up alive, until worn out with pain, death comes as a friend to relieve him. This is the natural termination of this dreadful malady, which is far better than to combine with it the common form of practice in using *arsenic*, which only helps to eat up and distress the patient.” “My wish in exposing this nostrum, is to benefit those who may be ignorant of the imposition; for it may be relied on as truth, that there is more or less of poison in all those burning plasters used to cure cancers. I would advise all to beware of them. It will be much safer to risk the cancer, than the cancer quack.”

CURE.—While the cancer remains an unbroken tumor, the principal object aimed at is to extract the bunch, entire. Where the tumor is small and near the surface, the Cancer Plaster, page 48, will be sufficient to extract it. Put the patient through a full course of the medicine, as directed at page, 129 and 130, &c.; then bathe the tumor well with Vinegar Lotion or the 2nd or 3rd preparation of No. 1; then spread the cancer plaster over a piece of bladder, split and made soft, and apply it all over the tumor. Renew the plaster, the course of medicine, the bathing, and the plaster, every day or two, for two or three weeks; or until the tumor, with all of its roots, slip or drop away. Then apply a ginger and slippery elm and cracker Poultice, stewed in a tea of No. 3 or raspberry leaves, twice a day, till well cleansed or while any humor collects therein. When the poultice be spread, and ready to lay on, sprinkle over the surface of it a little fine No. 1

and Nerve Powder, and apply to the sore. When well cleansed and all acrid humor ceases to collect in the sore, then dress it with our healing salve and shield it from the cold and air, till well.

During the whole time of medical treatment, the patient should have no food but what be light, wholesome and easy of digestion; and not made too salt. For a regular drink, he should take one table spoon full of Pipsissaway, one ditto of Burdock Root, one ditto of No. 3, one ditto of the first preparation of No. 4, half ditto of Composition, one teaspoon full of Burdock Seed, all made fine, in a tea, sweetened, daily;—and the last thing at night, when going to bed, and the first, when rising in the morning, to take a good dose of No. 3 in a tea, sweetened. Use injections in the ordinary way, daily, till cured; and if the patient be of very costive habit, he may take with his No. 3 at night a little laxative No. 4, Bitter Root, or Butternut Syrup, merely what will keep the bowels regular, without physicking.

A cancer tumor is a mixture of live and dead flesh, and is often under a live skin, requiring an orifice to be made, in order to dissolve and extract the dead flesh. In such a case as this, the best way is to burn a piece of spunk on the place, and repeat it till the skin and flesh be deadened sufficiently to suppurate. The smarting will last but two or three minutes, and will not be near so painful as the arsenic plasters, used by the poisoning doctors, which last twelve hours.

Doctor William Johnston's plan of opening a cancer tumor, is to take a piece of soft leather, larger than will cover the whole tumor, and cut a round hole through it, of a proper size, and then place the leather, with the hole directly over the cancer wart or tumor, then apply a plaster of quick lime and soft soap, over the hole in the leather, which will in a short time cause it to ripen and dissolve; then to poultice, and course the patient, as above directed, till cured.

POULTICE FOR ULCER;

Recommended by Doctor Thomas Hersey.

“ Boil fresh carrots until they be soft, and can be beaten

up into a smooth pulp. In foul, cancerous, ill conditioned ulcers, this is an excellent poultice to cleanse, sweeten and assuage the anguish."

CATMINT POULTICE,

For obstinate Ulcers in the legs, &c.—Boil catmint in vinegar; then take the mint out, and put in new milk, thickened with pounded cracker, and simmer over the fire until soft enough for a poultice. Should inflammation indicate a return of the ulcer, apply a poultice of slippery elm, ginger, and a little pounded cracker, stewed in a tea of No. 3, and tincture of Myrrh, and the inflammation will be checked and speedily removed. Then heal with our healing salve.

RECEIPTS FOR CANCER,

From the Thomsonian Recorder, v. 5, p. 392, and 400.

Take of ley, a sufficient quantity to make one pound of potash, when boiled hard; let it stand in the pot or vessel boiled in, with a level, smooth surface. Sit it at a sufficient distance from the fire, closely covered, so as to produce a sweat upon the surface of the potash. Every morning collect with a tea-spoon, put into a phial until you collect two ounces. This extract of potash is the best remedy known to the medical world for curing cancers, old sores, &c., by taking out the bad flesh and leaving the part with a disposition to heal.

Take of cotton or lint, carded into the form of bats, press one out hard with a smoothing iron, and with a pair of scissors cut a bit the size of the thumb nail; wet it with water; press out all the water and lay it on the cancer near one edge, and, with a writing pen, dip into the extract and put it on the cotton until the cotton receive as much as it will hold. If too severe, so as that the patient cannot bear it, touch lightly with a feather dipped in oil; but by all means get your patient to bear it if possible, so as to kill the cancer to the root with the first application. Your patient being able to bear the plaster, cover the cancer with the plaster, and a roasted onion poultice. This application will turn the part black almost instantly; but

no fears need be entertained. And thus continue to lay on the plaster of the extract, covering with the onion poultice, until you have gone over the whole surface of the cancer, washing every time with new milk. Each day taking off the old plaster and putting on a new one, adjoining the one you take off, until you get over the whole surface. The part, after a few days, where you take off the first plasters, will begin to crack round or across, and then, in those cracks, put a small portion of burnt alum—[cayenne, and styptic snuff,] (the part killed will have the appearance of thick scabs coming off)—this do, until the scabs come off of themselves. After they are removed and the flesh looks sound, apply the healing salve.

If you should have a very large cancer, or an old sore, begin, as before stated, at one edge. Possibly it may take you from five to ten days before you get over the surface of the cancer. By this time some of the scabs are cracking and others coming off; and, as fast as they crack, put in the burnt alum.* As soon as they come off, apply the healing salve; and so upon a cancer the size of the palm of a man's hand, you may have the extract upon one part of it, the burnt alum in the cracked scabs of another, and the healing salve upon another, and the roasted onion poultice upon the whole.

ANOTHER.—*From the same.*

Take scrubby, red oak bark, burn it to ashes in a stove or on a clean hearth, drain boiling water through them till the strength is obtained: Boil the ley to the consistence of brown sugar. Keep it in a glass stopped bottle, as it destroys a cork. Put some on the cancer for fifteen minutes. If it smart much, sponge it with vinegar: wash it off, (some say with sassafras and dogwood tea; warm water will do as well.) Poultice as long as it runs and renew the poultice often. Then [our healing salve, or] a healing salve made of white wax, olive oil, and Canada balsam or pine turpentine, and hog's lard. This course, well applied, will cure a cancer better than any quack nostrum that was ever tried.

**Allum is anti-Thomsonian.—Editor, T. Practice.*

CANKER SORES,

Old Running Sores, Sore Shins, &c..

CURE.—Use frequent and thorough Courses to change and correct the humors that flow too abundantly to the sores. Continue them, every day during several weeks, if necessary. Poultice with No. 1 powder, arse-smart, dregs of No. 6, slippery elm, all very fine, with a little fine pounded cracker, stewed in a strong tea of No 3. Wash out the sores with soap-suds, bathe with vinegar lotion or No. 6, and renew the poultice every twelve hours, till they be entirely healed, whether the time be long or short. The whole leg or part should be bathed all over, often, with the vinegar lotion, to stimulate the absorbents. Use the vapor bath often and energetically,—especially to steam the parts affected. This may often be done in the manner of vapor foot-bathing.

No greasy salves should be used in healing these sores, as they prevent the ichorous humors from escaping, which will be absorbed and brought away, clean, by the poultices.

Where these sores be very bad or deep, wash or syringe them with soap-suds; then with the No. 3 and 6 compound, then with elm, spikenard or cumfry. Often dress with absorbent poultices, to keep them open and heal at the bottom first.

Now, the above appears to be middling thorough treatment; but most old sores of long standing and those that have been badly treated, especially by the mercury doctors, absolutely require more energetic and thorough treatment. And the above is but a secondary means of curing, aside from the courses. Injections, vomiting, steaming, and feeding up the patient well, daily and hourly, with No. 2, 3, 4 and laxative ditto, 6, 7, 39 and 46 powders. These, especially the No. 3, and 4, with the short and long or full courses, are our main reliance, perseveringly administered; and if life be for the patient, at all, disease must quickly clear out.—First save the life, strengthen the digestion and supply it with light wholesome food, remove the canker from the general system; then the above applications will cure any thing of the kind that is curable, even ninety-nine in every hundred of them that are generally considered incurable.

The great cause of failure in curing the above complaints, cancers, white swellings, and the like maladies, is, generally, because the remedy is either a bad one, which should never be applied at all, or else because it is applied to the affected part, as the principal place of application, while the stomach, and, in fact, the whole system is overcharged with cankerous humors, which run continually to the leak, like the water in a fractured vessel.

In my treatment of all the kinds of sores referred to, I put entire dependence upon the medicine which is to effect and cleanse the whole system, doing but little to the sores, except to keep them moist and clean, and absorb away any acrid matter or humor that may collect therein, and to keep out cold. When this be done, the inside made sound and the digestion good, new nourishment, heat and life will be sent abroad throughout the system, which will do a thousand times more towards restoring the part affected, than all the plasters and salves in the world. For in that way a person might continually work upon a sore for fifty years, if he should live so long after receiving it, and in the end, be no better than at the commencement; because, his applications merely draw a humour to the part in a continual stream, like a spring of water out of a mountain side, which can never be healed over, or if it should be, will again burst forth at the same or another place. Add to this fact, the circumstance of the whole system being surcharged with canker, and forcing it to the leak, keeps up the difficulty all the time.

CANKER IN THE INTESTINES.

Causes.—Any thing which tends to stop the circulation and weaken the general system, rendering the bowels torpid, as cold, costiveness, unwholesome food or drinks, dyspepsy, &c..

SYMPTOMS.—A great difficulty and weakness and slowness of action when at stool, as if the natural canal were almost full by being interlined, over and over again, with coats of canker. Sometimes some of these coats of canker give way, and are discharged, piece by piece, like flegmy ribbons, especially after taking hot medicines, &c..

CURE.—Give injections, two, three or four at a time, and from three to five times in a day; and if the bowels or fundament be any way sore, then make an injection of witch hazel, bayberry, raspberry leaves, and peach tree leaves, Nerve Powder and slippery elm, in a tea, with or without a small quantity of No. 6. Also, give emetics till ye be satisfied that the stomach be clear and in good order, and the digestion good, not omitting the vapour bath. If the patient be of very costive habits, he may once or twice in a week, take a little laxative No 4, or several doses of Golden Seal, to clear the narrow passage below the stomach; taking daily a few doses of slippery elm and No. 5. This treatment must be persevered in (if needful) for several weeks, and followed up daily with the long course of medicine, as directed, at page 139. Steam the feet, legs and all, when going through the course.—Persevere until good health be restored.

CARBUNCLE.

Causes.—Sprains; hurts; morbid and pestilential humours in the body; filthiness; venereal taint, and other causes of obstruction and inflammation.

SYMPTOMS.—An inflammation which arises with a vesicle or blister, red, purple or blue, which if not checked, will become severe and burning, and putrifies the parts down to the bone, and turns black as a coal. A carbuncle is very rapid in its operation, speedily breaking out; even in a few hours, discharging a livid excretion, or sometimes a limpid water. The orifice is sometimes black within, which is a sign it is making its progress. The size and locality of these pestilential blisters are various; sometimes large; sometimes mere pimples; and sometimes in the face, neck, breast, armpits, groins, &c.; for there is no part of the body which they will not infest. Those that arise in the face, neck, breast and armpits, are observed to be of the worst kind; for under the calomel practice, it is stated that the patients generally die. The doctors say it is the carbuncle that kills the patient; but I believe it is their poisons that kill him.

CURE.—The treatment must be the same as for old canker sores, at page 301 cleansing the system quickly as possible by injections, vomits, and laxative No. 4, with full courses. Drink often of the pipsissaway, burdock and No. 3 tea, with a plenty of No. 6. Poultice with slippery elm, ginger and No. 6 dregs, after having treated it as ye would when commencing with a burn, scald or freeze. Use freely of the anti-scorbutic medicines, both as drinks and washes, and poultice, and course the patient rapidly till cured; not neglecting the foot-bathing.

CASUALTIES, CALLED ACCIDENTS, &c..

Casualties often prove fatal, merely because proper means be not used to counteract their effects. Life may often be restored, when to all appearance it may seem to be lost. No person ought to be looked upon as dead, or killed by any accident, unless where the structure of the heart, brain, or other organ necessary to life, be evidently destroyed. The action of these organs may be so far impaired, as even to be for some time imperceptible, when life is by no means gone. There are, however, many cases in which, if the vital fluids be suffered to grow cold, the vital spark will thereby become extinct; and it will be impossible to put them in motion again, even if the solids should seem to have recovered their power of acting. Thus, when the motion of the lungs has been stopped by unwholesome vapour, the action of the heart by a stroke upon the breast, or the brain by a blow upon the head, if the person be suffered to grow cold, he will in all probability remain so. If, on the other hand, the body be kept warm, and the injured part recover its power and action, the fluids will again begin to move, and the vital functions will be restored.

; It is a horrible custom, immediately to consign to death and an untimely grave, every one, who, by a fall, a blow, or may have been exposed to any deadly gas, or foul air, or have fallen into any kind of fit or trance, and may to appearance be dead! ; Such have been too often carried to a cold, damp place, and laid out for dead, when, the fact is, many of them have actually died after being thus

laid out or buried! ; When the solids grow cold, the vital fluids cannot then recover their action, and the patient often dies without any apparent sensation!

Another custom, just as horrid, which is the result of ignorance and prejudice, is that which prevails among the dupes of the lancet craft, of attempting to bleed the already nearly dead patient! ; and perhaps after several fruitless attempts, he is given over for dead! ; and no farther notice is taken of him!! Such conduct is contrary to all principles of reason, humanity and common sense.

CURE.—In all such cases, let every one in attendance keep calm and firm, and do all that nature, humanity and the Thomsonian Practice direct. Quickly as possible, and with gentle hands, let the patient be placed in a warm bed, and have poured into the mouth the clear 3rd preparation of No. 1, in doses of about one fourth of a tea-spoon full at a time, every three or four minutes, for half an hour, or until the patient can swallow; then give him repeated doses of the Bitter Nerve Drops, and occasionally of the 3rd preparation, and No. 4 tea, until he become revived. Likewise place steaming stones or bricks, with vinegar on them, in the bed, around the patient, as necessity may seem to require, or convey steam from a steam pipe to the patient, and administer warm injections from the first, made strong with the 3rd preparation of No. 1.—Rubbing the surface of the body with warm flannels is also very good, where the steam cannot be had, or while it is being made ready. When the patient recover, put him through a full or Short Course of medicine, or otherwise, as necessity may require.

Choking, or substances stopping in the throat, &c.—Accidents of this kind are too common, and they are extremely dangerous, though they are generally the effect of carelessness or neglect. Children should be taught to chew and masticate their food well, before swallowing. But young children are not the only persons guilty of a very foolish neglect in this particular; for many grown persons have been choked almost, and some entirely to death for want of care in this particular. Likewise many, both children and grown persons, have an unjustifiable

habit or propensity for putting pins, nails, and many other sharp-pointed, or dangerous substances in their mouths upon every occasion, ;and some even sleep with pins in the mouth all night!! ;when a fit of coughing, or the like, may force the substance into the throat or wind pipe, before the person be aware!! There is an account published of a woman who discharged a great number of pins through an ulcer in her side. Those pins she had swallowed through carelessness, when at her business, &c..

When any substance stop in the throat, and be not too deep, we should endeavor to extract it, with the finger, suitable pliers, or forceps: if it be too deep, the patient should draw in a full breath and be then struck immediately on the back. This alone, will often dislodge hard substances from the throat or windpipe, the quickest and best of any other mode. When we cannot succeed in either of these ways, it might be advisable to push it down with an indian rubber tube, or other suitable substance for the purpose, well oiled, and in doing this there will be no time to lose. But all undigestible bodies, as cork, wood, bones, metal, glass or the like, should, if possible, be extracted. If any thing thus lodged be desired to be pushed down, care should be taken that it be such thing or substance as does not run into the side of the throat, as a pin, needle, fish-hook, or the like.

Should it be impossible to extract or push down any substance that may be lodged, into the stomach, or to cast the same out by an emetic, the patient must be treated as if he had some swelling or inflammatory affection in the same part. He should have injected into the throat, through an indian rubber tube, or other suitable pipe, some emollient liquor, as that of slippery elm, spickenard root, cumfry root, or the like, and administering, in small, doses the 3rd preparation of No. 1, or No. 6, a decoction of mallows, warm milk and water, thin gruel, &c..

Substances of these kinds thrown into the throat, not only lubricate and soften, and soothe the irritated parts, and prevent inflammation, but often cure more successfully than attempts with instruments. When this course be pursued, we should immediately surround the whole neck with a poultice of No. 1 powder, slippery elm or cumfry, ginger and fine corn meal or pounded cracker, stewed in

a tea of No. 3. The like treatment must also be used if inflammation be suspected, even if the substance may have been removed.

A proper degree of agitation is said to have loosened the adhering bodies more effectually than instruments.

When the throat be so strongly and fully closed that the patient can receive no food by the mouth, he must be nourished with thin diet, fluids, and the like, by clysters. If the patient be not absolutely choked, this proceeding may be found to be helpful.

If the patient be in danger of immediate suffocation, and there be no possibility of freeing the passage, so that death be at hand, the windpipe must be opened. This operation is neither difficult to an expert operator, nor very painful to the patient; and it may in some instances be the only method which can be adopted to save the life, in such an emergency. This operation should only be attempted by one somewhat acquainted with the operation.

CATELEPSY.

This is a kind of apoplexy, or drowsy disease, in which the patient is taken speechless, senseless, and fixed in the same posture in which the disease first seized him.

This malady appears to be an affection of the nerves, caused by cold and other obstructions.

CURE.—Full Courses with powerful tonics, using nervine in all of the medicines; Short Courses every night or every other night. Take the best No. 4 or Spiced Bitters, and add to each dose one table spoon full of Prickly Ash Bark or Berries, one tea spoon full of Burdock Seed or Root, half a tea spoon full of No. 2, half a teaspoon full of Nerve Powder, and as much of No. 1 or Cough Drops as can be taken without sickening. Repeat this dose every hour or two, as a drink; and then scald the dregs over again and add to an ordinary clyster, and when cool enough to give, add No. 1 and Nervine, of each half a tea spoon full, and administer by way of injection, from ten to twenty times in a day. Use, as a bathing lotion over the body, the 3rd preparation of No. 1, Vinegar Lotion, Whiskey Lotion, No. 6, or the like, once a day, until it become uncomfortable. [The

The above treatment must be preserved in without thinking it any trouble, loss of time or medicine, until the patient be restored.

CATARRH.

This, like most other complaints, is caused by cold. The cold settles in the glands about the head and throat, which discharge a sharp humour.

CURE.—Take every night a Short Course of the medicine, bathe the affected part with vinegar lotion, and then with No. 6, as much as will soak in; take inwardly a dose or two of the Vinegar Lotion, then No. 2, 3 and 6, or Composition and No. 6 in repeated doses; also make use of the Head-Ache Snuff, until relieved.

CHAPPED HANDS.

Causes.—The improper use of soap,—putting it on and not washing it off again; which effects them more in winter than summer; because in winter the cold contracts the pores and stops perspiration; then the alkali in the surface of the skin, under the action of the sun and wind, dries and cracks it, like a piece of old leather. In summer, though neglected, the hands cannot crack so much; because the warm, mild weather relaxes and softens the skin, with perspiration. Some persons have, by nature, a very rough, hard skin, always liable to chafe and crack. Many substances which some men work in, render their hands liable to crack.

CURE.—If the body be any way out of order, attend to it first, especially, with a Short Course or two.—In the mean time, wash the hands clean, often as needful, especially at night; wipe them perfectly dry with a *rough* towel; then rub them well, all over, before the fire, with Vinegar Lotion, Pepper Sauce, or the 3rd Preparation of No. 1, rubbing it before the fire also, till quite dry, then rub on a little Nerve Ointment, or Healing Salve, and wear a pair of mittens all night.

This course will cure the worst of cases, with a little perseverance; and by a little subsequent practice and care, these exceedingly painful and troublesome sores may be prevented.

CHOLERA.

Causes.—A specific animal contagion; a condition of the atmosphere to predispose the body for its reception and for the extension or multiplication of the disease; dwelling in low dirty and filthy habitations and situations, and in crowded, confined apartments; breathing a putrid infectious atmosphere; impoverishment in diet; dissoluteness in habits; intemperance in eating and drinking, a deprivation of the comforts of life; great trouble, fears and griefs; great and sudden changes from heat to cold, and cold to heat; hardships, &c..

SYMPTOMS.—The symptoms at the commencement are not always alike, varying according to circumstances, and the situation and condition of the patient; sometimes a chill comes on soon after the commencement, followed by violent purging and vomiting, in quick succession; cramps; little or no pulsation at the wrists; a general prostration of the whole animal frame: these with some other similar symptoms, varying as the disease progresses, will always indicate something of the kind, whether it be called cholera, cold plague, the effect of poison, either animal, vegetable or mineral. The patient sometimes will feel as if burning up in a fever, and wrecked with torturing pains, while at the same time the surface is growing colder and colder;—the heat retiring inward, causes him to throw off the clothes and fan himself for relief. Sometimes the cold and heat may seem to operate on a reversed principle from this. This form of disease may be called cold plague, spotted fever, cholera, &c.; but it is all the same thing,—whether it be occasioned by a balance of heat inside, reduced or reducing to an equilibrium, or equal degree with the outward, or of the outward cold, with the inward. “Whenever heat and cold equilibrate, or cold and heat come to a level inwardly and outwardly, or outwardly and inwardly, cessation of animal warmth and motion ensues.”

There is no difference in the result, whether the balance or equilibrium of power takes place by raising the stream to a level with the fountain, or by lowering the fountain to a level with the stream.

“Take the ebbing of the tide waters of the sea for illus-

tration; whether it be high water slack, or low water slack; when it is slack it is quiet; it does not flow one way or the other. This is an emblem of the state of death."

"A state of collapse in cholera, cold plague or yellow fever, is like the slack water condition. In what form soever disease appears, or shape it may wear, or whatever name the doctors may give it, it is all in reality the same thing,—the same state or condition of the animal body."

"The state of collapse is resembled in or by the condition of a drowning person, reduced to that state or degree of vital coolness and depression, that the fire or heat of life begins to be extinguished, or is going out; and *action* and all capacity of action beginning to cease.

"In many cases of yellow fever, cold plague and cholera collapse, it is not in the power of medicine, or all the means inwardly or outwardly applied, to kindle and arouse the principle, or principles of heat and motion, sufficiently to expand the lungs, and play the fountain pump of life with sufficient force to continue the state of animalization."

"In such cases the walls of the lungs, the sides of the vessels through the vascular system, collapse, or begin to close or fall together, like the sides of an exhausted wind bellows, or a bag emptied of its contents;—action ceases, and the patient dies."

CURE.—Most cases of cholera might be cured by taking several doses of our Cholera Syrup, (page 32,) if taken at the first appearance, and persevered with, for a little time, and taking a few warming clysters, or a short course of medicine. In all of the dreadful cases, when very bad, no matter what names they may have, the patient should be shielded from the weight and depression of a cold atmosphere, which may surround him. This may be done the best by the vapour bath, either in a convenient steam box, steam tent, under a blanket, or with steaming stones in a bed, according to the strength of the patient; as directed in another part of this book.

In cases of extreme weakness, the bath had better be medicated with vinegar, or some aromatic, sudorific or stimulating herbs. But always remember the directions for each particular part of our instructions;—that is, when

directed here to steam, never let it be forgotten that the inward heat must be raised faster with medicine than the outward is by steam or other thing: For if the outward heat be raised too suddenly, so as to balance the inward, we shall be disappointed in the result. Give first three or four doses of Composition in quick succession, with Nerve Powder and Cholera Syrup added to each dose. While this be a doing, the bath should be put in readiness, that no time be lost; for in this dreadful disease many have been taken off in a few hours. Injections of No. 2, 3, 6, or the 3rd Preparation of No. 1, may be given in quick succession, and as soon as the patient begin to be warmed pretty well through, give an emetic of the very best prepared kind, or of the 3rd preparation in a tea of No. 3 and 4. After each emetic, give the patient a dose or two of slippery elm mucilage, after that, the No. 3 and 6 compound; then the Bitter Nerve Drops, or No. 4 and Nerve Powder. Thus the whole internal canal must be well cleansed, warmed and strengthened, and a free perspiration produced, and maintained moderately for forty-eight hours at least. Let No. 2 and Nerve Powder or Drops, be in nearly every thing eaten and drank, and whenever any cramp be felt, let the parts be bathed externally with Vinegar Lotion and the 3rd Preparation of No. 1, and rubbed till dry, and then the rubbing continued some time with warm dry flannel. Let the patient have any light diet he may choose at any time, and even moderate drinks of cool water cannot hurt him, if he crave it; provided these directions be well followed. After eating, take another dose of Cholera Syrup, &c..

The above is merely *one course of medicine* for a case of Cholera, Cold Plague &c., which must be repeated daily or oftener, if needful, till the patient be out of danger.

When the patient begins to recover, he may take No. 5 tea or syrup, and clysters of rasberry leaves and slippery elm, in a tea, two or three times in a day. As the patients begin to be convalescent, they may be indulged with broth or transparent soup, &c..

The following is Doctor Curtis' Treatment of Cholera:—
Let the practioner who would cure the Cholera, (or any

other cold plague, as ague and fever, dropsy, palsy, &c.,) provide himself with No. 2, in a form in which it can be administered instantaneously, say half an ounce to a pint of molasses, and give it to his patient at once, in doses of from one tea-spoon full to three, at intervals of 5 to 10 minutes, till he can get some water and bricks or rocks heated. If the diarrhœa be bad, put the same quantity into a cup of warm water, and administer it, as an enema, (injection,) at once: at all events, administer one, two or three of these, as soon as the tea of No. 3 and No. 2, or of Composition, can be made, adding No 1, 3rd preparation. Make a half gallon of the tea, strong and hot, and give it, a tea-cup full at intervals of five to ten minutes; to the fourth cup, add a tea-spoon full or more of the 3rd preparation of No. 1. Repeat this last, three or four times, at intervals of ten to fifteen minutes, with a cup of the tea between. After the second vomiting, give *gruel*, broth or porridge, alternately, with the tea, (filling up the pitcher if necessary,) till the patient ceases to heave. Hot bricks or stones will be ready, probably about the time the tea is made. Put some of these, *first*, about the loins, and, in a few minutes more, others to the thighs, others to the knees, and then some to the feet; and *drive* the cold air out of the extremities, relaxing the arteries and veins for the circulation of the blood. Thus, clear the patient of morbid matter, give him plenty of gruel, bitters, No. 2, and enemas, and three out of four will be cured, as the surgeons say, "by the first intention." This three or four hours' work, was the end of many an attack of Cholera that I attended: a few patients were imprudent, and required a repetition the next day; and some had other diseases which required still further treatment. So far as I have been able to discover, this is a far quicker and better mode of curing the Cholera than the use of Cholera Syrups, and there is less danger of a relapse. ☞ Steam before the operation, if you can; if not, afterwards.

Symptoms of Cholera.—There is a peculiar feature in Asiatic Cholera which has not been sufficiently noticed by the people. It is this, a full suspension in the passage of *urine*. The writer of this lived last year in a village where there were over eighty deaths by this disease, and

the sick, with the physician and nurses, all bear testimony to this one fact. A suppression of the urine was attendant upon the first symptoms, and definitively marked every cholera case. A dysentery or diarrhœa, without this suppression, was known not to be the cholera. The physicians also regarded the first appearance of the formation of urine in the patient as a sure mark of convalescence.—*Madison Republican*.

CHOLERA MORBUS.

This disease is a more mild form of cholera than the above, generally making its attacks upon children and persons of lax constitution and habits. It generally comes on in autumn, and although trifling, compared with the above-described epidemic cholera, yet thousands of children have died with it, under the calomel system of doctoring.

Causes.—Vitiated bile; cold; food that easily turns rancid in the stomach, as butter, pork, bacon, sweet-meats, cucumbers, unripe mellons, or cherries, &c.. It sometimes is brought on by violent passions or affections of the mind, as fear, anger, &c..

SYMPTOMS.—Sour belchings; heart-burn; pains in the stomach and intestines. These are succeeded by excessive vomiting; and purging of green, yellow or blackish colored stools, attended with griping pains; obstructed urine; extremities cold and cramped.—In worse stages, hiccuping, fainting, and convulsions, are the tokens of approaching death.

CURE.—Give injections of No. 2, 3, 4 and 7; vomit and cleanse the system, and bathe the feet and give diuretic tea; or administer a short course of the medicine, and give a plenty of Cholera Syrup, or No. 4 and 5. Pursue this course with Bitters and No. 3, till well.

In very bad cases, give a full course at the beginning; then follow up with the above treatment, and a cure will soon be effected.

No. 5 Syrup, or tea sweetened, as a drink, and injections of the common preparation, or of Peach tree leaves, will cure this complaint.

CHOLICS.

Causes.—Canker in the stomach and in the narrow passage below the stomach, and in the bowels, which causes the vital action to cease; and is brought on by an undiscereet use of unripe fruits; meats of hard digestion; cold, fermenting liquors; obstructed perspiration; too much honey or eggs, eaten at a time; wet feet, or taking cold from exposure, &c.

SYMPTOMS.—Cholics are often attended with costiveness; acute pain in the bowels or about the navel; stretching and rumbling of the guts; discharges of wind, or a desire for the same; a relax or looseness, giving way, downward; sometimes a pain in the region of the stomach, vomiting, &c..

CURE.—*Cholics* are divided into different sorts or denominations, by the doctors:—such as *flatulent*, *bilious*, *hysteric*, *nervous*, and *cramp cholic*, &c.. When about to cure any case of cholic, the practitioner should consider the symptoms, and vary the treatment to suit the case, and it may be speedily cured.

The *flatulent* or *wind cholic* may often be cured by taking a few warming injections, with No. 6 and Nervine therein, and a dose or two of Composition, or No. 4, or No. 5 with No. 6 and Nervine therein.

Bilious cholic may be cured by giving No. 2, 3 and 7, repeatedly, to remove it, not omitting clysters; and then No. 4 to correct the bile and restore the digestion.

Hysteric cholic may be cured with a similar treatment with that recommended for the *bilious*, adding the Bitter Nerve Drops to each dose taken. Bathing the feet and giving the patient small doses of Sour Tincture of No. 1 and Bitter Nerve Drops, or alternately,—or, in place thereof, small doses of Cough Drops, and relief will be speedily obtained.

Cramp cholic, or *cramp in the stomach*, is probably the most excruciating and dangerous of any of these complaints. It often seizes people suddenly; and is most common among persons in the decline of life, or those who have undergone much grief, trouble or hardships of any kind, and those who have had poor living, and the like. I once cured a patient of this complaint in

about three hours. She was an elderly lady who had been subject to them, and was exceedingly bad;—stiffened and cramped all over;—her fingers clenched fast, elbows and knees set. With my wife's assistance, I cured her in the time above mentioned.—I would like to give the details at large, but my limits will not allow it:—suffice it to say, that this complaint should be treated very much like the cholera, giving it no time to gain strength or a hold in the system. The main thing to be relied upon, is a warm clyster, made as *strong* with No. 2, 3, 4 and 6, as can be borne, adding thereto, one tea spoon full of No. 1 and the same quantity of Nerve Powder, and to drink strong doses of No. 2, 4 and 7, every few minutes, all the time, till relief be obtained. While administering the above treatment, put the patient through a full, or a short course, and repeat, every six hours, and injections every fifteen or twenty minutes, till relief be obtained.

In all of the above cases of cholics, if very bad, or the patient be subject to them at all, let the treatment be thorough, at once; show the disease no quarters whatever; give clysters with a liberal hand; always think of this first, middle and last, in every disease where it is possible for the bowels to be affected. The Cholera Syrup, Bitter Nerve Drops, and the Short or Long Courses, as occasion may require, will speedily chase the enemy away. No. 3 and 4 should be continued for some time after the cure be performed, to remove canker and restore the strength and tone of the system.

CLUB FEET.

This is a sad deformity; and it is the duty of parents whose children have deformed feet, to lose no time in endeavoring to provide a remedy. It is well known that there are few cases so bad, that, provided they occur in persons still growing, may not be cured. Among those who have been most successful in the treatment of this deformity, is Doctor Valentine Brown, of Woburn. His process is also as simple as it is effectual, and occasions little or no pain to the patient. No knife is used; there is no severing or dividing of tendons, but the reformation

is brought about by a *constant pressure*, by means of a machine, and the effect which is thus produced in a very short time, is indeed astonishing.

It is some time since this gentleman called at our office, accompanied by a lad, a son of Samuel Butinan, of Plymouth, Maine, whose feet were both turned in, presenting one of the worst looking cases of club feet that we have ever seen. He called at our office with this same youth yesterday, who has been under his care, residing with him, for the last nine months; and we were astonished at the great change which had been produced. With the exception of slight weakness about the ankles, and a little awkwardness in his gait, both of which he will undoubtedly soon overcome, he is as well provided with *understandings* as any lad of his age; and all of this has been accomplished without pain, and with but little inconvenience. Dr. Brown receives patients to board at his establishment, pleasantly situated in Woburn, and keeps them under his care until they are entirely recovered.—*Mercantile Journal*.

Thomsonian physicians generally, by means of a little art, and the addition of our relaxing medicines, strengthening plasters, diluents and tonics, &c., can do all that in any case can be reasonably expected, and often more than is looked for by the applicants.

COLD—COMMON.

Cause.—Sudden changes from heat to cold; especially when the system and pores be warm and relaxed; drinking excessively of cold water, &c., especially in the evening, as is often the case after eating very salt food. Colds, the worst, most dreadful, and deeply seated, are often brought on by following the dictates of that *cruel TYRANT, FASHION*: he bids his worshipers set up too late at night, over a few dying embers, then go to bed with cold feet; to dress in thin summer clothing in winter, and winter clothing in summer; tight shoes and thin stockings; tight lacing to stop the circulation of the blood and heat; umbrella or summer bonnets in winter, &c., &c.; all of which orders are implicitly obeyed until

the otherwise warm and healthy glow be exchanged for the wan and sickly appearance of a marble-like statue.

SYMPTOMS.—Difficulty of breathing through the nose, and a sense of fullness and stoppage therein; a discharge from the nose; pain in the forehead; stiffness and redness of the eyes; chills; feverishness; hoarseness; sore throat; flying or fixed pains; difficulty of breathing; cough, or tickling sensation in the windpipe or lungs; and as the complaint grows older, it is attended with a discharge of whitish or yellow mucus, &c..

CURE.—In the first stages, it may be thrown off by taking a plenty of Composition and No. 6, bathing the feet, &c.. If the case be very bad or of long standing, emetics, injections, and the foot bathing must be used. If the case be very bad, or this treatment do not arrest it, the first day, then administer a full course the second day, and repeat it if necessary;—follow up with the No. 2, 3, 4, or a Long Course.

CONSUMPTION OF THE LIVER AND LUNGS.

There are, but few, if any, diseases more alarming than Consumption. How many thousands, in the United States, are doing almost every thing in their power to plant it in themselves! as if they were tired with life, and chuse that means to destroy it!! It is estimated that there are *fifty thousand deaths in this country, of Consumption, every year!* This is astounding. If the disease which causes such appalling mortality, were Cholera, Plague, or Small Pox, what consternation would be produced by its desolating effects!! But while they can call it by the name of cough; cold; catarrh; pain in the side or breast; weakness; liver complaint; jaundice; phthisick; shortness of breath; or any other mild name, then, it seems to lose all of its terrors!

Causes.—Neglected colds; dissipation; eating of unwholesome or poisonous food, or such as has been prepared in copper, brass, lead, tin or zinc vessels; tight lacing and the wearing of stays; tight shoes and thin stocking; damp houses or beds; sudden changes of weather, and a thousand other things, when not properly guarded against. It is also a fact, that since Consumption has become so

common in our country, ; that it is now, in numerous instances, hereditary! ; What a dreadful inheritance to entail upon posterity!! It is also, often caused by some acute disorder not being removed, and the patient being run down by the calomel practice, until nature makes a compromise with disease, and the "house becomes divided against itself." Here is, then, as it were, a war between the inward heat and cold. Canker takes hold of the bowels, stomach and lungs, and becomes seated; often producing the most dreadful cough. Costiveness and many other causes, produce consumptions.

SYMPTOMS.—A fixed pain in the side or breast, attended with interruption of the exercise of any of the functions of the parts affected; an increased palpitation of the heart; dry cough; a yellow, wan, or sickly countenance; loss of appetite; an expectoration of thick corrupted matter from the lungs, attended with a kind of habitual fever; great debility and emaciation, and often a wasting away of the flesh. In some cases, a great looseness of the bowels takes place, and in others a delirium, a little while before death.

CURE.—The medicine and mode of treatment recommended by Doctor Thomson, has already cured this disease, in cases almost unnumberable, and comparatively in the most desperate and hopeless stages. This is far more cheering news,—yea it is glad tidings of great joy to those who are afflicted with this melancholy disease, when compared with an acknowledgement from the books of the bleeding and blistering faculty; namely, that "In a confirmed state of Consumption, nothing that art has been able to do, can afford us any solid hopes of a cure! ; When once the disease be firmly seated in the lungs, all that is possible, is to *sooth the passage to THE GRAVE!!* ; and perhaps for a while to retard it!"

The most important thing in performing a cure, is to raise and maintain the inward heat; raise and maintain a moderate and regular perspiration; remove all obstructions; remove the canker and give to the diseased parts a proper degree of contractility and elasticity, and soundness, to prevent a re-accumulation of canker; tone up and strengthen the stomach and liver, so that the food taken, will be well digested, so as to nourish the body and keep up that heat on which life depends.

These must be done by the full course of medicine, repeated often, and steaming the breast and chest well every time; and the short and long courses, between them, till health, strength and a good appetite and digestion be restored. A tea of the Cough Powders may be taken, all the time, or a tea of Horehoun, Golden Seal, Balmomy, Meadow Cabbage, Crosswort and Archangel, made strong and sweetened, with a dose of No. 2 and 7 added to each dose. The Ellekampane Syrup should likewise be used all the time. The feet must often be steamed or soaked, and always, thereafter, bathed or rubbed with something stimulating. Injections must likewise be used daily, whether the bowels be costive or not, till entirely well. If there be pain in the side or breast, or a bad cough, poultice the part affected, until relieved. Make the poultice thus:—

Take one table spoon full of Composition powder; half a table spoon full of the best brown No. 1 powder; half a table spoonfull of No. 2; half a table spoonfull of Nerve Powder; one table spoon full of salt; to which add a jill of No. 3 tea, hot; stew it well; then add a jill of soft soap, and as much fine slippery elm as will make a proper consistency for a poultice. Spread this on a cloth sufficient to cover the part affected; put over the face of the poultice a thin gauze cloth, and apply to the part. When it becomes too dry, wet it with No. 3 tea.

This poultice may be kept on, by renewing it every twelve hours, until the pain or cough be removed; and after it be discontinued, the same place should be bathed daily, V with inegar Lotion and Stimulating Liniment, Rheumatic Liniment, or the like, to prevent cold and assist the medicine that may be taken inwardly.

Light and wholesome food must be an object of scrupulous attention, avoiding every thing of a crude or undigestible nature, such as all fatty substances, hard or unripe fruit, black apple sauce, and every other thing that may be found to be undigestible. For diet; boiled, new milk, mush and milk, wholesome vegetables, and any or all of our dietetic regimen, as may best suit the patient. Also suitable diet drinks, such as Black Rattlesnake-Root, Nettle-Root, Sage, Dittany, Ginger, or the like, in a tea. But these things are not to be our main de-

pendence; but use the full courses of medicine, good astringents and powerful tonics, and a continual use of warming stimulants, Cough Drops, &c.. Indeed, from the time we begin to raise the heat, every proper or necessary method must be used to maintain it, until the health, strength and digestion be restored, so that the patient can eat heartily, digest well, and keep up that heat on which life depends. If the patient become tired with rough No. 4, he may take in it, milk or cream, to make it pleasant, or may take Conserve of Hollyhock, for a change. No. 3 and Composition may be changed, alternately, and if the patient should be weak, and seem to loathe the proper medicine, then give it by way of clysters, so as to keep adding to the heat of the patient and diminishing the canker. Persevere so as to keep all ye gain, and never let a patient fall back by a relapse, for if he do, the work will all have to be done over again, and will be more difficult than at the first; because much of the mucus and thickened humor will then be removed, and the diseased parts will still be in a relaxed state and still very tender and susceptible of receiving cold, and the system somewhat more opened throughout, than when choked up with canker and shriveled up and contracted with previous cold. These obstructions being removed, cold enters freely, having no obstacles, taking hold of the whole frame and entering as it were the very vitals. Hence the great necessity of proper care and caution with all patients who may have been brought low, that they do not relapse. Guard daily against the smallest appearance of costiveness; evacuate the bowels well by clysters, at the slightest symptoms thereof; then take a moderate injection and retain it. The same must be attended to, if there be a relax, with the addition of the purest tonics, such as the Tonic Powders, Pectoral Stomachic Composition, Nerve Powder, Bitter Nerve Drops, 1st preparation of No. 4, &c..

If cold sweats appear on the surface, rub well into the skin, all over, some fine No. 2, and continue the rubbing till the surface be dry and warm, and drink occasionally of strong sage tea, cold; or in place of these wipe off the sweat dry, with a rough towel, and rub well in some Stimulating Liniment or the 3rd preparation of No. 1, and drink the sage tea.

After steaming, shower the patient with water as warm as can be borne; or if the cold dash be preferred by the patient, it may be used; as either warm or cold water are equally tonic, when the cold does not produce too great a chill. But the warm will produce no chill.

The clothing must be regulated with the greatest care, to suit the climate and season. Flannel must be worn next to the skin, whether winter or summer, unless it be too uncomfortable, in which case, warm soft cotton may be substituted. Wear woollen drawers and stockings; the feet keep dry, in loose thick shoes, except when steaming or bathing. These attentions will greatly assist in the cure.—Read the chapter about running down, at page 142, &c., and follow efficiently the directions there, and not suffer the patient to run down, and a cure must be certain.

CONTRACTIONS.

Causes.—Contractions of muscles or sinews are brought on by sprains, blows, cramps, and other like causes.

SYMPTOMS.—The symptoms are nothing more than a settled crookedness in or at a joint of some part of the body, which if not cured, may in time grow firm in its wrong shape, or keep a wrong bent.

CURE.—Take burdock leaves, root and seed, mullein leaves, cammomile, wormwood, and pipsissaway; make a tea of these as strong as it can be made; then take No. 1 Powder, No. 2 Powder, Slippery Elm Powder, Spick-enard and Cumfry Root, for a poultice, and stew the same in the above tea, and apply moderately warm. Repeat the poultice, till the contraction gives way and the part becomes straight; then bathe it frequently with the 3rd preparation of No. 1, and afterwards with Nerve Ointment, and finally apply a large Strengthening Plaster, which should be worn, till well.

COUGH—COMMON, HOOPING COUGH, &c..

Causes.—A common cough is generally the effect of a

sudden or a settled cold; flegm or canker settled in the lungs, &c.. Hooping cough, or what was formerly called chin-cough, is contagious, same as the small pox, or the like.

These complaints both may be classed with those called consumption; for a common cold and cough, if neglected for some weeks or months, may plant the consumption in the breast and lungs, as readily as any thing else. The same may be the effect of hooping cough, if neglected and it do not kill the patient before it have time to bring on consumption.

CURE.—The great and main dependence is upon the courses, either full or short ones, or both, as necessity may require; to cleanse and strengthen the stomach and lungs, brace the solids, thin and quicken the fluids, and at the same time promote perspiration.

If cough proceed from sudden cold, administer a short course every night before going to bed, and place a hot stone, wrapped in wet cloths, at the feet, in bed, to keep up a gentle perspiration; and at the same time give several doses of the Cough Powder or Drops, which will make the patient rest easy, and assist in removing the cause.

If great hoarseness and fixed flegm trouble the patient, let him take several doses of Ellekampane Syrup, with Cough Powder or Drops therein; or in place thereof, take two or three table spoon fulls of Vinegar Lotion or Pepper Sauce, and add thereto, half that quantity of strained honey, or molasses, or both of these, and a little butter, and stew them well into a syrup, add one table spoon full of Cough Drops, or a little strong tea of the Cough Powder, and take this compound syrup, in spoonfull doses, every ten or fifteen minutes, and drink, alternately with it, of No. 2 or Composition tea, until relief be obtained; then take a long course of medicine.

When a cough becomes seated and the lungs diseased, or the patient have hooping cough, (especially bad,) he must be carried through the regular full course of medicine, repeating the same, with all other secondary prescriptions, as in cases of consumption, as occasion may require, till a perfect cure be effected, not omitting the Cough Powder and Drops, especially when going to bed.

COLD FEET AND HANDS.

Cause.—A settled cold and a want of a quick and free circulation of the blood;—often brought on by accumulated dirt and filth obstructing the perspiration, which soon affects the whole limb.

CURE.—Foot Bathing, see page 103 to 105. Apply it to both hands and feet, as often as may be needful.—A certain cure.

CORNS AND WARTS.

These troublesome and disagreeable appendages need no particular description, as they are already well known to every body. They are both often brought on by slight hurts or pinches, or the like, and may be cured with the same remedies, and by a similar process.

CURE.—I will describe the most common methods of curing corns; the practitioner may then choose for himself a cure for his warts,—after I once tell him that I used to have a number of ugly warts on my own hands and fingers, and never applied any direct remedy; but working amongst the medicines, lotions, tinctures, ointments, &c., &c., took them entirely away, and while I handle a little medicine occasionally they dare not return.

Soak the corn an hour or more, in warm water; shave it thin, then bathe or soak it with Vinegar Lotion, as much as it will absorb, then, in like manner, with the 3rd preparation of No. 1, dry and warm it well in, and then apply the Corn Plaster, spread upon a piece of split bladder or skin of suet made soft, and then made supple with Rattle-snake oil or the Nerve Ointment or Healing Salve, or the like. Repeat this process every day or two, till every vestige of the corn or wart be gone. In the mean time, sell or give away the shoes which caused them, and wear tight shoes no more; and if the shoes happen to be too large, at any time, then wet a little piece of cotton with the 3rd preparation of No. 1, and lay on, to fill up the vacancy, and I will ensure the safety of the corn. Or,

Soak and pare and bathe them as directed, and put on some Nerve Ointment; then take a piece of bladder or suet skin, in like manner; and wrap it around the toe, and

keep it on till worn out. If this do not cure, repeat it till the corn be removed. A few short courses and a long one or two, would cleanse the system of morbid humors and obstructions, and accelerate the cure.

CRAMP IN THE STOMACH.

SYMPTOMS.—Violent spasmodic pain in the stomach, which, in some cases, is so severe as nearly to occasion fainting. It often seizes people suddenly, and requires immediate medical assistance. It is most incident to weakly persons and those in the decline of life. The patient often has an inclination to vomit. The stomach will often feel as if in the act of expanding and contracting; giving the patient excruciating pain, especially while contracting or drawing up, as it were.

CURE.—See the chapter on *Bathing the Feet*, page 103 to 105, and the Short Course, page 141. In common cases, that will be sufficient. In bad cases, give a full course of the medicine; keep hot jugs to the feet, and take No. 2 and 7, and Bitter Nerve Drops in repeated doses, every fifteen or twenty minutes, and injections, with the same added; and bathe externally with the 3rd preparation of No. 1, until relieved. Persons subject to cramp in the stomach, should avoid drinking too much cold water, especially when the body be warm, or in the after part of the day, as that alone has often been known to chill the stomach and bring it on.—See Cholics, page 314.

CRAMP IN THE LIMBS.

This distressing malady often accompanies the cramp in the stomach, especially when that be very bad, or the patient subject to the cramp cholic. It often draws the joints crooked, giving great pain at the same time.

CURE.—The same as for the cramp in the stomach, with the addition of friction with warm flannels, and copious bathings with the Sour Tincture of No. 1, and the 3rd preparation of No. 1, repeating the full courses, with the liberal administration of No. 2 and 7, and Bitter Nerve Drops, &c., until cured.—See page 29.

CROUP.

This complaint has many collonial or local names. In Scotland it is called *croup*; in Ireland, *the choking* or *stuffing*; in England, *the rising of the lights*; in Pennsylvania and the southern States, *hives*, and *bold hives*; in the eastern States, *quinsy*, &c.. This disease generally affects children under nine years of age; yet older persons are not always exempt from its attacks. Sometimes it appears as an original complaint; at others, it follows as a symptom of some other disorder.

SYMPTOMS.—This disease is of the *catarrh class*. It is attended with a looseness, and shrill ringing sound, both in speaking and coughing; some difficulty of breathing, with a whizzing sound; short dry cough; heavy countenance as if in distress; hard quick pulse; as the disease advances, the breathing becomes more interrupted and laborious, attended with a rattling of flegm in the throat; fever; nostrils expand and contract; the shoulders elevated at every inspiration; skin clammy; extremities cold and livid; the pulse becomes feeble; the patient exhausted; and if not soon assisted, death ensues.

CURE.—First give two or three injections with the 3rd preparation added; administer the warm foot bath, and before leaving it, administer an emetic of the 3rd preparation of No. 1, in a tea of Crosswort, or No. 4, or in warm water. If the 3rd preparation cannot be had, the 2nd, or the first, or prepared emetic will answer. Repeat the injections, as above directed until the stomach have one or two good actions. After vomiting, give a strong tea of Burdock Root with No. 2 therein, and follow up with Composition and No. 4 till cured. While going through the above treatment, steaming stones, not too hot, should be placed about the patient in the bed or cradle. At the same time roasted onions may be mashed and applied to the soles of the feet, and to the wrists. The Garlic Ointment may be rubbed on the bottoms of the feet, on the breast, about the throat, and along the spine, which will greatly relieve the spasmodic action. The above treatment, will cure the worst cases of croup, by perseverance, in a very short time, unless the patient be past cure.

CUTS.

CURE.—If a cut bleed much, and do not stop directly, follow the directions for the purpose at page 285 and 286, and apply the Sticking Plaster as directed at page 48 and 49.

Although narrow strips of linen or close, cotton cloth spread over with Sticking Plaster, form the best means of keeping the sides of the cut or wound together, when they can be properly applied, yet, cuts in the tongue, lips, nose, ear, eyelids, &c., it may, in some instances, require a few stitches; which may be made in the following manner. Take a common needle, and a good evenly thread of white silk or flax; wax the thread, and use it doubled. Pass the point of the needle through the skin, at a little distance from the edge of the cut, and bring it out through the opposite side, at the same distance from the incision. If more than one stitch be required, cut off the thread, leaving it long enough to tie, and proceed as before, until a sufficient number of stitches be taken, leaving the threads loose, as at the first, till all of the stitches be passed; then proceed to tie the ends at each respective stitch, making hard double knots, taking care at the same time to draw in such a way as to keep the cut straight, and close it smooth and evenly. When the edges of the wound become knit fast, cut the knots carefully, and withdraw the threads. If the cut continue to bleed often, apply a poultice of Solomon's Seal Root, or Styptic Snuff, Slippery Elm and Gum Arabic, all made fine, and moistened with No. 3 tea made strong.

From the commencement it may be proper to make use of the No. 3 and 6 Compound, both inwardly and on the sore, to prevent cold, canker and inflammation.

The diet should be light, wholesome, and not too salt or fatty.

DANDRUFF.

Causes.—An exhalation of perspirable humor from the top of the head, which becomes impeded in the pores. A thin scull, and a thin contracted skin thereon, is generally unable to free itself of this humor, which is but

partially thrown off; it then dries about the roots of the hair, and comes off in numerous thin scales. Those accumulations remaining,—neglecting a proper degree of cleanliness,—sudden transitions from heat to cold, &c., occasion new crops.

CURE.—Strict cleanliness is the first attempt to make, towards a cure;—next, take Beet Root, Seed or top, or all of them together; Mallow or Hollyhock Seed, Spear-mint, and Scabish, bruise them all fine and steep them in equal parts of Vinegar Lotion and Sour Tincture of No. 1, for two weeks; then strain or press out the liquor, and bottle it up. Bathe the head with this every time after it be washed with soap-suds, well rinsed and wiped dry.—Drink daily of the Anti-Scorbutic tea, page 52, and if this treatment do not cure, add thereto, the remedies for baldness, taking injections and emetics often, and use the foot bath frequently till cured.

DEAFNESS.

Causes.—A defect in the formation of the organs of hearing,—in which case, the individual remains deaf during life. It is sometimes caused by the inspissation of the fluids of the head, in consequence of disease; hard wax; old age;—wounds or ulcers in the ears;—exposure to cold and hardships, night air and other damps; excessive noise, &c..

CURE.—First cleanse the general system throughout, with the full courses of medicine, injections and tonics. Steam the head and the feet thoroughly; bathe the feet well with Stimulating Liniment or Rheumatic Liniment and the head especially about the ears, with the 3rd preparation of No 1, and rub on, some around the ears, and drop into the ears, three or four drops of the 3rd preparation every two hours or oftener. Clean out the wax and wash them out clean, once a day, with tepid water and soap, then wipe, before using the 3rd preparation. Keep the feet dry and warm, and guard against taking cold, on all occasions. Many cases of deafness have been cured merely by the courses and steaming, as above directed, with the use of the 3rd preparation, dropped in the ear every hour.

DIABETES.

Causes.—General weakness or debility, or that which destroys the healthy action of the urinary organs, as an excessive use of too powerful diuretics, such as cantharides, spirits of turpentine, acid drinks, &c.;—severe labor, grief, &c..

Diabetes is often the consequence of bad management, and being run down with sickness and poisons, under the calomel and blue pill practice, when attended for some acute disorder, as fevers, fluxes, consumptions, &c..

SYMPTOMS.—A morbid, involuntary, copious flow of urine, which is sometimes of a sweetish taste; dry skin; bowels costive; continual thirst and some fever; at length the appetite decays, the strength fails, and the flesh wastes.

CURE.—Confirmed diabetes requires confirmed treatment. Don't give up; but double and treble the power and frequency of the practice, if found necessary. Syringe the urethra with a strong tea of Bayberry; then in like manner, of Witch Hazel leaves, and a little No. 2. Use the warm stimulating injections in the usual way, with unremitting perseverance. This treatment must be followed up, besides the full, thorough courses, and No. 3 and 4 daily, according to the directions, but made strong with Cayenne or No. 2. Bathe the part affected frequently with a strong tea of No. 3, and a little No. 6 added. The patient must be supplied with sufficient warm dry clothing, and flannel drawers, thick and easy shoes, and warm stockings. A generous wholesome and nourishing diet, must be supplied constantly; such as is found to agree well with the patient. Every thing that tends to relax or weaken the body or any of the organs must be scrupulously avoided, until health be restored, and even then, caution will be necessary. Use no laxatives. When going through the courses and for bitters, use constantly the Tonic Powders, page 19, as there directed. Slippery Elm, or Cumfrey may be taken in the stomach and injections, often; apply a large Strengthening Plaster over the kidneys, and sleep upon a good, smooth, but hard bed. Steam the feet and parts affected, well, in a Medicated Vapor Bath, and use Nervine in all of the medicines given.—The above treatment will cure, if the patient be not constitutionally dead.

DISLOCATIONS.

When a joint of a bone be moved out of its place, so as to impede its proper functions, it is said to be dislocated. When this takes place, the consequences are, the loss of the proper use of the limb or part; obstructions; cold, inflammation, &c..

The first thing to be done in a case of this kind, is to replace the bone with as little delay as possible; for almost any person of common sense and resolution, who may be present when a dislocation happen, may often be of more service to the patient, than the most expert surgeon can, after the swelling and inflammation come on. Whether the time be long or short, if the joint do not come in without forcible extension, it must be reduced in the following manner.

TO RELAX THE MUSCLES.—Take a cotton cloth, wet in quite warm water, and wrap it several times round the joint; then place a tub or bason under, and pour on the cloth thus wrapped, water as warm as can be well borne by the patient; which continue, from fifteen to thirty minutes, as may be necessary. While this be doing, let the patient drink repeated doses of Composition or No. 2, with the addition of No. 6 and 7, to ease pain and prevent fainting. Then, take off the cloth, and hang it up, or put it in cold water to cool, until the joint be placed. Then let one assistant take hold of the arm above the elbow, and another, below, to steady it; then place the fingers against the end of the bone, at the underside, and the thumb against that on the upperside, and by a gentle, but firm and gradual pressure each way, force the joint to its place. Then have in readiness, No. 6, or No. 3 and 6 compound, and bathe the part well, therewith, and wrap it up with the (cold) cloth, which had been used (warm) for relaxing the muscles. This will bring the muscles to their proper tone, and keep the joint firm in its place. Next, put the arm in a sling, and use some care for a few days,—and the No. 3 and 6 compound, if needful,

A SHOULDER OUT OF JOINT, may be relaxed in the same way as above directed; then the practitioner may put the

arm over his shoulder, or knee, as may be most convenient, and lift, up, which will put the joint to its place, without any danger, and with very little pain to the patient, if all the above directions be truly followed. When it be gotten into its place, bathe and bind up, and for a support, put the arm in a sling as above directed, for a few days, if thought needful. If a joint be much injured apply a large Strengthening Plaster, after it be replaced.

Doctor Thompson relates a circumstance which he knew, of a man who had one of his hip joints turned out, and several of the learned doctors had exhausted all of their skill in vain to replace it; when one of his agents, being pre-ent, undertook the case himself, after the doctors had given it up. He relaxed the muscles sufficiently as above directed, then put his knee against the hip joint, and with his hand turned the leg outward and crowded the joint into its place without any difficulty.

A DISLOCATION OF THE JAW, may sometimes occur, as has been done by yawning, by blows, falls, chewing hard substances, and the like. When this takes place, the patient is unable to shut his mouth, or to eat any thing.

If any person be present when this dislocation happen, he should proceed immediately to replace it. Let the patient sit as if to have a tooth extracted, while an assistant, is standing behind him, and leaning the back of the patient's head against his breast, he must hold it firmly, with both of his hands. The operator is then to thrust his two thumbs, (being first wrapped up with linnen cloths to prevent slipping,) as far back into the patient's mouth, as he can, while the fingers be applied to the jaw, externally. When he have a firm hold of the jaw in this way, he is to press it steadily but strongly downwards and backwards, by which means the joints of the jaw may be easily pushed into their proper cavities.

If the jaw have remained out, until inflammation and swelling take place, it must be relaxed as directed for other joints, and afterwards bathed with the No. 3 and C compound, the patient dosed, also in like manner.

A DISLOCATION OF THE NECK, may also take place by falls, violent blows or the like. In bad cases of this kind, if the patient receive no assistance, he may soon die, which may make people imagine the neck was broken, when, indeed it may have been but partially dislocated, and might have been replaced by any one having resolution enough to attempt it. Whereas a complete dislocation of the neck, is instantaneous death.—When the neck be dislocated, the patient will be immediately deprived of sense and motion. His neck soon swells, and his countenance appears bloated, and his chin lies upon his breast, and the face generally turned to one side.

This is a case in which there is no time to lose. The operator should lay the patient on his back, and place himself behind his head, so as to place his knees against the patients shoulders, and take hold of his head with both hands, and pull the head gently and steadily, twisting it at the same time, if the face be turned to one side, till it comes straight, and the joint be replaced, which may be known by the noise which the bones generally make, when going in, the patient beginning to breathe, and the head remaining in its natural position.—After the neck be replaced, it should be well bathed with the No. 3 and 6 Compound, and a few common clysters administered, with a table spoon full of the same added. The patient should then rest for some days till the parts recover their tone.

DISLOCATION OF THE RIBS, many also happen, by falls, blows, and the like, though they seldom do. If the part become swelled or inflamed that must be reduced by the proper applications, the first thing. When the heads of the ribs be forced inward, it is both more dangerous, and the most difficult to replace; because neither the hand nor any instrument can be introduced to direct the heads of the ribs to their proper places. In this case, lay the patient upon his belly, across a cask, or some such round body, to move the fore part of the rib inward, sometimes shaking it; by this means the heads of the dislocated ribs may slip in their former places.

If they should be knocked upwards or downwards, the patient should be laid upon his belly on a table or board, and the operator should endeavor to push the head of the bone in its proper place. The patient should draw in a

full breath, and hold it during the moment the physician is attempting the operation, which may render some assistance.

DROPSIES.

There are two kinds of dropsy ; one of them, which is the most common, is a collection of water under the skin or in the flesh, and it appears as though the very blood changed to water, and occasions swelling, weakness, &c..

Cause.—Doctor Thomson sayeth that “this is caused by losing the inward heat, so as to stop the natural perspiration, which leaves the water which should be thrown off in that way, to collect in the body and limbs.” It is often produced by sudden transitions from heat to cold, and contrarywise;—by intemperance in drinking ardent liquors;—excessive bleedings;—unregular *menses*, sprains, &c..

CURE.—This form of dropsy may be cured by raising the inward heat and causing a profuse perspiration, and continuing the same, until the water be thrown off. The best method for doing this, is by the full courses, administered with the Medicated Vapour Bath; and after each steaming to sponge the body, or parts affected with the Vinegar Lotion, or Sour Tincture of No. 1, or both of these, in order to stimulate and tone the perspiring vessels to throw off the water, by the natural channels. The Diuretic Tea or Drops may be used all the time, till relieved : also No. 3, to remove the canker, and No. 4 to restore the digestion; the food will then be digested, and keep up the natural heat and perspiration, and other natural discharges; then there can be no dropsy.

The other kind, the Doctor sayeth is “caused by cold and obstructions which prevent the watery juices from passing in their natural channels, and leaks are formed in the glands and let the water into the trunk of the body, where there is no vent to let it off. This cannot be cured without tapping, and is very seldom completely cured. I have never known but two who were in this situation to be perfectly restored. One was a girl whom I attended. I tapped her and took away seventeen pounds of water;

then swathed her close, and gave medicine to keep up a perspiration. She did not fill again, and was completely cured. The other was a man;—he was tapped twice. I carried him through a course of medicine, several times, and gave the juniper ashes with molasses and gin, which carried off large quantities of water, and he entirely recovered.”

DOCTOR JAMES BRATTON of *Riply, Ohio*, has published the following case of dropsy, cured by himself. It also shows the great superiority of the Thomsonian over the calomel practice.

“A CASE.—Esther Sullivan had a child sometime in February, 1836. In a few days was up doing her work. About the first of March she was taken ill. Dr. Clinton Campbell was called in. He pronounced her disease cold; attended her a few days, and she got worse. They called in Dr. Alfred Beasley. He and Campbell said she had the dropsy; she must be tapped or die. Doctor Adam Wylie was called in. They all attended a few days. She was sometimes a little better, then a great deal worse. They called in Dr. Alexander Campbell; he said he could do nothing for her, she must die. However, they all four agreed that tapping would give her temporary relief. All quit but Dr. C. Campbell. He said that if he could get an operation of the bowels, probably she might get better. He tried for three or four days, but could not get an operation.

At length her husband concluded to try the steam plan. He asked Dr. C. Campbell's advice, who replied, ‘it is too simple to talk about,’ but said ‘she must die,’ They sent for Dr. Hixon of Maysville, but he could not come. Her husband then came for me, told me her situation, and insisted for me to go and see her. I told him it was no use for me to go; that if ‘she must die,’ I could not save her life. But he insisted so hard, I went. When I went in, horrible to tell! there she lay three or four times as big as her ordinary size, looked like a corpse indeed. They were holding her belly down off her stomach and breast, so that she could get her breath. Then she fainted every few minutes for want of breath. She said to me in a low voice, *can you do any thing for me?* I told her not.—‘Have compassion on me, I pray, and do what you

can for me. If you can do any thing more than make me die easy, do it; any thing to get me out of this rack of misery.' I observed that I did not think I could do her any good, and I did not wish to undertake her; but she and her husband insisted so hard that I should, I consented, on the terms that if she died, I should not be blamed of killing her; to which they all readily agreed; that all the regular doctors had said she must die, and I should not be blamed. I commenced and gave three full (yes, full courses, not omitting any thing, and making no deviation from Doctor Thomson, but doubling and trebling the doses) Thomsonian courses in twelve hours! and, surprising to tell, she reduced five inches in that time, and was perfectly easy, and eat hearty and slept sound. I continued the medicine to keep up a perspiration and to tone up the system, and took her through from one to two courses (full courses) every day for several days. She gradually decreased in size, and in three weeks was able to attend to her household affairs, in fact, did the work for her family, six in number. She is now down to her proper size, as hearty and strong as ever she was in her life, which she is willing to testify.

N. B. The two first courses were administered in bed, for she was not able to sit up; but the third course she sat up in a chair to be steamed.

JAMES BRATTEN."

In all dropsical complaints, whether in the flesh or in the trunk, and whether the patient be tapped or not, it is of the greatest importance to administer the full courses in the best and most energetic manner, and at short intervals;—once or twice in a day, or oftener, if the case be very bad. And always remember that it is best to give the warming medicines with as *little* fluid as possible. Conserve of Hollyhock, and Spiced Bitters in molasses, &c., are very convenient articles for this purpose, and should be constantly used; also, cayenne in the food, and the food of the dry solid kind. Thus the action of the absorbents will be promoted, while the current of fluids will be lessened; and the excess of water already *deposited*, will furnish a sufficiency for circulation, until it pass off; then nature will dictate and demand a reasonable supply. Care should however, after, be taken, and

not over burden the glands with too much fluid; and especially while going through the regular treatment for a cure. Avoid such ailment as will occasion thirst. Often bathe the part affected or the body all over with Vinegar Lotion, Pepper Sauce, or 3rd preparation of No. 1; this will stimulate the perspiring vessels to action, to pass off much of the water through the skin, which together by the profuse perspiration when steamed, will rapidly abate the excess of water. In this complaint I would give a decided preference to the Medicated Vapour Bath.

The principle medicines in dropsies are No. 1, 2, 3, 4, 7, 8, and 11, and as above directed, in as little fluid as may be. I believe that nearly all of the cases of dropsy that have failed under the Thomsonian treatment, is, simply because they continually supply as much fluid as they disengage; like endeavoring to empty a vessel by continually pouring in at the top, as fast as it runs out at the bottom!

METHOD OF TAPPING.—This is performed with a small instrument called a *TROCAR*, in a very simple manner. The *trocar* is an instrument about four inches in length, either, roundish or flat. On one end, is a handle; the other, is sharp. The shank, between the edge and handle is covered with a silver sheath or tube, just sufficient to admit the shank of the trocar. Let the patient sit on a chair, or lie on a bed-side, as may best suit the state of his health; then bandage him round, at, and above the navel, with a long, broad swathing cloth, or a towel, and well secured behind. This gives support to the diaphragm, and at the same time presses the water down. The operator sits on a low seat, facing the patient, with the trocar handle firmly in his right hand, (the shank oiled,) places the fore finger on the silver tube, which not only prevents the trocar from entering too far, but serves as a guide to the instrument. The trocar is then applied to the abdomen, about an inch and a half below the navel, and is pushed gently through the skin and muscles of the abdomen, giving it a slight kind of motion, turning first a little one way, and then the other, as it be pushed forward, until it enter the cavity of the abdomen, which will be known the instant that all resistance ceases. He must then with the thumb and fore finger of the left hand, press the tube gradually forward,

while at the same instant, he draws forth the trocar with the right, leaving the tube for the water to pass through, into a vessel. As the water continues to flow, the cloth or towel, should be gradually tightened, as may appear needful. Should the tube become choked internally, by lymph or the caud, it must be pushed away by a small, smooth probe, blunt at the end.

When the water be all drawn away, the tube must be withdrawn slowly, pressing the orifice between the thumb and fore finger of the left hand, to close it up again. A flat pad of lint, or the like should then be laid over the wound, and moistened with a little No. 6, and a broad bandage applied around the whole of the abdomen; which may be worn for several days. Before the operation be performed the patient should take several doses of No. 3, 6, 7, and Meadow Cabbage, and repeat the same immediately after; and as soon as convenient put the patient through a full course of medicine, steaming the feet and all, in a Medicated Vapour Bath. Afterward, use Stimulating Lotion and gentle friction at the same time. Wear flannel next to the skin to preserve an even temperature; and follow strictly the above directions respecting the use of very little fluid with the medicine, until every symptom of the disease be gone: then be careful afterward.

DROWNING.

The same means must be employed to arrest the expiring spark of life, in persons who may be nigh drowned, as in all other sudden and deadly attacks, such as fits, cholera croup, spotted or yellow fever, &c.; for in this case like the others, the heat and activity of the patient is so much diminished, that the common administration, will not give relief,

CURE.—Convey the patient to a warm room of about summer heat; shield him from the external air by a blanket, and at the same time give, every few minutes, about one fourth of a dose of the 3rd preparation of No. 1, and bathe the breast with the same; or the 2nd preparation of No. 1 and 2, together, if the 3rd preparation

cannot be had. This course must be persevered in, unremittingly, till the patient be relieved. At the same time kindle a small brisk fire of light fuel to rarify, and purify the air in the apartment; and use gentle friction, all over the body, with a warm flannel cloth, and if symptoms of life appear, place steaming stones or bricks around him, raising the steam gradually, for if the external heat be raised faster than the internal, ye will miss your object, even after the patient may seem to be recovering. Continue to give the above medicine until the patient vomit freely; then give Composition and No. 6 and 7, freely to raise and maintain that heat on which life depends. As soon as possible put the patient through a full course of the medicine. Warm injections with the 3rd preparation added, from the first, may be given.

Doctor Thomson cautions all against the practice of blowing in the mouth with bellows; yet Doctor Bucan recommends that a strong person blow his own breath into the patient's mouth, with all the force he can, holding the patient's nose at the same time, for the purpose of inflating the lungs, then pressing the breast and belly, so as to expel the air again: and repeating this operation for some minutes, alternately inflating and depressing the lungs, in imitation of natural breathing.

The first above mentioned directions are our main reliance.

DRUNKENNESS.

Causes.—The use of tobacco; by chewing; smoking and snuffing; bad company; gluttony; a morbid affection of the stomach; intoxicating liquors, &c..

SYMPTOMS.—Read from page 177 to 187.

CURE.—Persons who are slightly affected with the disease of drunkenness, may readily cure it by the directions at page 281 of this book;—Or in place thereof take a few full courses of medicine,—or one or two Short ones in a week, and continue the Long one with the use of pure water and diet drinks, till health be completely restored; then avoid bad company, and that morbid appetite will be cured. A dose of Composition, or Spiced Bitters will generally relieve the stomach of its rankling sensation.

DYSENTERY.

Causes.—Cold, which gets the ascendancy over the inward heat; obstructed perspiration; damp beds; wet clothing; unwholesome air or diet.

SYMPTOMS.—As the perspiration ceases, the determining powers and juices turn inward; the digestive powers are lost, and the food is not digested, the bowels become coated with canker, and the system loses its heat. Canker makes the bowels very sore, and when any thing passes them, it causes excruciating pain; bloody and cankerous stools, &c..

CURE.—This distressing complaint may generally be cured in from six to twelve hours by efficient medical treatment. Composition and No. 6, or No. 2 and 3, and injections, with effectual foot-bathing, or even a few good doses of No. 5 Syrup, and injections in the bowels will generally cure, in its first stages.

In all bad cases, or those of several days standing, the full course of medicine must be administered, and repeated, at least every day till relief be obtained. Then give boiled milk, or diet broth as they may be able to take it. After every course of medicine, give a dose or two of No. 3 with a dose of No. 2 and 7, therein; then several strong doses of the 1st, 2nd or 4th preparation of No. 4; and follow up with No. 5, or a tea of Peach and Raspberry leaves, both as a drink and by injections. Be sure and keep up the inward heat and a perspiration, aided by the medicated or simple vapour bath.

EAR ACH.

Causes.—Cold; damps; hurts; or any thing which causes inflammation; bugs or other insects entering the ear, &c..

CURE.—When ear-ach proceeds from a bug or insect going therein, drop in some olive oil, and they may come out of their own accord, as has often been the case; for they cannot bear it. If they do not come out presently, then drop in some 3rd preparation of No. 1, and take several pinches of Head-ach Snuff, Composition or cayenne to excite sneezing, which may throw the insect out. Some recommend dipping a feather in candied honey and run-

ning into the ear to entangle and stick to its legs and pull it out. If the operator cannot succeed in any of those ways, the membranes may be relaxed by dropping therein the 2nd preparation of No. 1, or oil of sweet almonds, or both of these, then make the patient turn the affected ear downward and be made to sneeze. If this do not take it out, it should be attempted, with suitable pliers or other instruments.—There is a lady in this neighborhood who got a rose bug in her ear, which for a time gave her excruciating pain, but could not be extracted; after many weeks, it rotted away and festered her ear and came away by supuration, and she got well.

When the pain proceeds from cold or the like, the 3rd preparation is almost a sovereign remedy, by dropping in three or four drops at a time, and bathing all around the ear with the same and repeating it every hour, till relieved. In bad cases where cold be settled in the system or head, follow the directions for a cold, page 316, till cured. Also see deafness page 327.

If the proper medicines be not at hand, relief from a common ear-ach, may be obtained by steeping a small clove of garlic in a little olive oil, and then rolling it up in a thin muslin or linen rag and putting it in the ear. In some time after, the garlic will be reduced to a pulp, and having performed a cure, may be removed and a plug of cotton put in, to prevent cold.

EPILEPSY OR FALLING FITS.

This is a sudden deprivation of the senses. The patient falls down and is affected with convulsions more or less violent. It more frequently attacks men than women; and is very difficult to cure.

Causes.—Hereditary disease; blows; bruises or other wounds; a collection of blood or other humors about the brain, or obstructions about any of the vital functions; teething; worms, excess of venery; violent passions; hysteric affections; poison, or any thing else which gives cold the power over the inward heat, will cause fits; because the muscular power is thereby destroyed, which produces violent spasms in the whole system.

SYMPTOMS.—Pain in the head; dullness; giddiness; disturbed sleep; weakness; palpitation of the heart; difficult breathing; great quantity of urine; pale complexion; an unusual noise in the nose and mouth; distorted eyes; foaming at the mouth; involuntary discharge of his excrement, urine or seed; and after these alarming symptoms be over, his senses gradually return, but with weariness, and pain in the head, &c.; but has no remembrance of what happened during the fit.

CURE.—A regular course of the medicine, and repeated; which overpowers the cold, promotes perspiration, and restores the digestive powers, removing effectually the obstructions, which caused them. No. 1, 2, 3, 4, and 7, are the principle medicines to be used; beginning moderate, progressing regularly, increasing gradually, persevering diligently, and regulating the No. 1 so as to avoid the alarming symptoms; give a plenty of No. 2, 3, and 7; feed the patient, as it were with these, the 3rd preparation of No. 1 and powerful tonics, until every symptom be gone.

ERUPTIONS.

Causes.—Small Pox; Meazels; Chicken Pox; Scarlet Fever; Canker Rash; Prickly Heat; mild, or summer Hives; and in children, brashes often appear, occasioned by bad milk, or the unhealthiness or exposures of the mother; irritable state of the bowels; teething, sudden heats and colds, &c..

SYMPTOMS OF SMALL POX.—Doctor Thomson sayeth of the Small Pox, that “this disease is the highest state of canker and putrefaction, which the human body is capable of receiving, and is the most contagious, being taken in with the breath, or communicated by inoculation.” Children when over heated by running, wrestling, &c., and adults after a debauch, are most liable to take it. Eruptions appear on the skin; little appetite; pulse quick; great heat in the skin; waking up in a kind of horror, &c.. About the 3rd or fourth day, from the time of sickening, pox or pimples appear. At first they resemble the pimples arising from flea bites, discovered first on the face. The most favorable symptoms are a slow eruption, and an abatement of the fever as soon as the pustules appear.

CURE.—The Doctor sayeth, all that is necessary, is to assist nature to drive out the canker and putrefaction, which is the cause of the disease, keeping the determining powers to the surface, then there will be no danger.

This may be effected by the short course, page 141, and repeating it daily if necessary and taking No. 2 and 3, or the like, every hour, till cured.

Meazels.—This disease is very common, especially among children. It is a disease of the Small Pox class, and is similar to it, in many respects, and may be cured in the same manner, precisely. The same may be said of the whole of these *eruptive* canker diseases; the Small Pox being the worst, or the highest degree of canker and putrefaction, we may easily cure any of the others; for “says Doctor Thomson “that which will put out a large fire, will easily put out a candle.

First raise and maintain the inward heat with No. 2, or Composition; remove the canker with No. 3 and injections; then cleanse the stomach well with No. 1.—Some steam their patients after they once get them into a perspiration, and others do not; but, both in meazels, Small Pox and all other like disorders, keep the patient covered with a blanket to shield him from the external air. It is said, and no doubt but it is true, that if the face be kept covered while Small Pox be out, that it will not mark or pit the face.

Chicken Pox.—This disease is more incident to children than grown people, and like the above disorders, affects the patient but once, and like them is contagious.

SYMPTOMS.—Moderate symptoms of fever, followed, in a day or two by the *eruptions*, or red pimples over the whole body. They soon become filled with thin whitish fluid, sometimes turning to a yellow. After the eruption be out, the fever subsides, and in three or four days the eruption becomes brown, dries away and scales off.

CURE.—The same as for Small Pox and meazels. One good full course of medicine, will generally cure: after which the patient might take a few doses of No. 3, a little laxative No. 4, or Butternut Syrup, to clear away all the dregs of the disease. Often, a Short Course or two, will cure.

[N. B.

N. B. As these diseases are so much alike, and there being a liability to mistake one for the other, as has often been done by the learned doctors, it may be the safest, in all cases, to meet the disorder with prompt and efficient treatment at the start, then no matter what the name may be, it must and will back out, and save the practitioner from any puzzle, about the name.

SCARLET FEVER.

This *eruption* is a sort of *fever pox*, and might be classed with the fevers, or where it is, among the cutaneous, eruptive, canker diseases : its

SYMPTOMS are, fever and canker. It begins like other fevers with coldness and shiverings, generally without any violet sickness. It is, however, sometimes attended with putrid or malignant symptoms, in which cases, it is more dangerous, and must be met with prompt treatment; for thousands have died with this complaint, under the calomel treatment. Thomsonians, if applied to in time, scarcely lose one in a hundred.

CURE.—As I have said, this disease consists of fever and canker, or in other words, *cold* and *putrefaction*, we want No 1, 2, 3 and 4, for its cure. No. 1 and 3 will remove the canker or putrefaction, and No. 2 and 4 will remove the cold or fever. Now administer a Short Course of medicine in the best manner, keeping these principles in view, and repeat it daily, till a cure be performed, and that will not be long. When the disorder takes a turn for the better, the patient may drink a tea of Raspberry Leaves, with Slippery Elm therein, sweetened; and the same may be given in injections, without sweetening;—afterwards a little laxative No. 4.

CANKER RASH.

This, like all of the other canker diseases, must be met with its antidote. It resembles other canker eruptions. A Short Course of the medicine, with a plenty of No. 2, to keep the rash out, and No. 3 with the aid of No. 1, will soon cure it.

It may not be amiss, here to caution all, to guard their patients against cold in all of these complaints; to keep them covered in bed or with a blanket, to shield them from

the external air, and give plenty of Composition tea, lest the eruptions strike in, and sicken.

PRICKLY HEAT.—This is often very slight, especially in young children. It is obstructions, brought on by sudden heats and colds. In older persons the symptoms are often worse, especially, if the difficulty be of long standing. It may be brought on by wearing summer clothing too late in autumn, or in the winter. Circumstances often occur, which produce great warmth, and relax the pores much; when a change of situation takes place, the clothing does not sufficiently shield the surface from the cold air, and the change being too sudden, chills the humor in the pores, when they be full, and closes them too much, which occasions a disagreeable, prickling sensation. This feeling, at times, resembles the itch; at others, as though one were on live embers; and at times the pores of the skin appear entirely closed, and at other times the sweat will run, so as to wet the clothes.

CURE.—When it has been of long standing; it must be treated like every other chronic disease. Full courses; raising well the inward fountain of heat with No. 2, and steaming in a Medicated Bath. Repeat the courses till no evidence of the complaint remain. Take also No. 3 to remove canker and No. 4, a little laxative, (if so needed) and No. 6, to strengthen the digestion, and keep up a natural heat. Clothe to suit the season, &c., and not stop the process as recommended, too soon. If the case be of long standing, and very bad, skin broken or festered, poultice where ever there be a sore on the surface, and often apply an Antiscorbutic, Medicated Bath; and drink of the antiscorbutic tea, also, with the above treatment, till cured.

ERYSIPELAS.—This is an eruption of a hot acrid humor. It is incident to the laborious of both sexes, and is

Caused by whatever gives a sudden check to perspiration, as drinking very cold water when the body be over heated; throwing off the clothing when over heated, suffering the body to cool too quickly; lying or sitting on the ground, &c., when the body be heated; heating the body or limbs too quickly at the fire when very cold, &c..

SYMPTOMS.—Shivering; thirst; loss of strength, pain in the head and back, heat, restlessness, quick pulse, sometimes vomiting and delirium. When it attacks the face, it swells, and appears red, and after some days, small pustules filled with clear water, appear. Sometimes the eyes swell shut; and there is a difficulty of breathing. Erysipelas also attacks the breast and lower extremities, and occasions swelling, with pain and sometimes suppuration.

CURE.—Give Composition or No. 2 and 3, and steam till they be brought to the same state of heat as that which brought on the disease, and then cool slow and gradual. Then use No. 3 to remove the canker and No. 4 and 7, to correct the bile and comfort and strengthen the system, and anti-scorbutics to remove acrid humor.

FAINTING-FITS, OR SWOONING.

People of weak nerves or delicate constitutions, are most liable to fainting fits; yet there are others who appear to have strong and healthy constitutions, who abound with blood, are at times seized with sudden fainting fits.

Causes.—Fainting is often caused by fear; frights; grief, and other violent passions, or affections of the mind and nervous system; distressing sights; noxious vapors, or subtle exhalations with which the breathing air may be impregnated; breathing the air of crowded apartments; offensive stink; combustible or putrified substances; gases from charcoal fires; excessive bleeding, violent purges, and other things causing great weakness. Delicate and hysterical women are liable to swooning or fainting-fits, especially after delivery,—excessive floodings, &c..

SYMPTOMS.—A diminished action of the heart and lungs, and sometimes a sudden and total suspension of all the functions of the system, accompanied by a death-like paleness, &c..

CURE.—The patient should be laid in a horizontal position with the head a little elevated, in a pure air, loosen the clothes, and give, in the mouth, half a teaspoon full of the 3rd preparation of No. 1, or the Anti-Spasmodic Tincture, page 29, and repeat it once, every one, two or

three minutes, till the patient become re-animated, and able to swallow, then give a dose or two of the Bitter Nerve Drops, page 21, Composition, No. 6 or the like. A warm Clyster with the 3rd preparation of No. 1, or No. 6 and 7 added, is excellent in all such cases, whether other medicines be taken or not. Gentle friction with a warm flannel or brush, over the extremities, is good to assist in reviving the circulation; Volatile Salts may be held to the nose, and is also very good at the same time.

FEAR FRIGHT, GRIEF AND MELANCHOLLY.

These emotions with the other passions of the mind, are violent or strong impressions made upon the nervous system, through the medium of the organs of the senses; and some of them, if not properly governed, ; often act with such powerful impetuosity, as to wreck and completely unstring the nervous system, and in some instances cause insanity and death!

CURE.—Where the health is good and otherwise unimpaired, give a few doses of the Bitter Nerve Drops, Composition or No. 4 and 7, to correct the bile, and strengthen the digestive powers, and quiet the nerves. But in all violent cases, give the patient the 3rd preparation of No. 1, or the Anti-Spasmodic Tincture, and injections with the same or Nerve Powder added. And in all cases where the health is impaired or the system otherwise diseased, apply, also, the proper treatment therefor, till cured.

F E V E R S.

According to the writings of the learned Doctors there are a great variety of fevers.—See page 152, &c..

Doctor Thomson very justly remarks, that “As it is a fact, that cannot be denied, that fever takes its rise from one great cause or orrigin, it follows of course, that one method of removing that cause, will answer in all cases; and the great principle is to assist nature, which is heat.”

“At the commencement of a fever, by direct and proper application of suitable medicine, it can be easily and

speedily removed. Twenty-four, or forty eight hours, at the extent, are sufficient, and often short of that time, the fever may be removed, or that which is the cause of it. But where the patient be left unassisted, to struggle with disease, until his strength be exhausted, and more especially, when the most unnatural and injurious administrations be made, if a recovery be possible, it must of necessity take a longer time. These declarations are true and have often been proved, and can be again, to the satisfaction of every candid person, at the hazard of any forfeiture the faculty may challenge."

Doctor Hervey says, "¿By what unaccountable perversity in our frame does it appear, that we set ourselves so much against any thing that is new? ¿Can any one behold, without scorn, such drones of physicians, and after the space of so many hundreds of years experience and practice of their predecessors, not one single medicine has been detected, that has the least force directly to prevent, to oppose, and expel a continued fever? Should any by a more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him; as a legion of devils against virtue: the whole society will dart their malice at him, and torture him with all the calumnies imaginable without sticking at any thing that should destroy him, root and branch. For he who professes to be a reformer in the art of physic, must resolve to run the hazard of the martyrdom, of his reputation, life and estate."

¿The above declaration has been verified toward Doctor Thomson the father of this system of practice! ¿They have had him in jail, in a dungeon and in chains; and for no other cause than that of *envy*, because he cured nearly all of his patients, no matter how near unto deaths door before he commenced, (then put this information in the hands of the people,) which none of them had either the knowledge or the means to do!

Doctor Thomson continues, "I will now take notice of the yellow fever. The cause of this fatal disease, is similar to the spotted fever. The cause of death in the spotted fever, is in consequence of its producing a balance of cold, outward and inward; and in the yellow fever, there is a balance of heat, outward and inward; both pro-

duce the same thing, that is, a total cessation of motion, which is death. The color of the skin has given name to both these forms of disease. The yellow is caused by the obstruction of the gall; instead of being discharged through its proper vessels, it is forced and diffused through the pores of the skin."

"The same effects that are produced by these two different forms of fever, may be observed in the motion of the sea; when the tide be done running up, there will be what is called slack water, or a balance of power; and the same thing takes place when it be done running down. When the fountain be raised, the water runs from it; but when it be lowered, the water runs toward it. The same cause produces the same effects in fever, whether spotted or yellow; for, when a balance of power between the outward and inward heat takes place, death follows."

"Having described the two kinds of fever which are the most alarming, they being the most fatal, I shall pass over those of a less alarming nature.*** There is no other difference in all the cases of fever, than what is caused by the different degress of cold, or loss of inward heat, which are two adverse parties in one body, contending for power. If the heat gain the victory, the cold will be disinherited, and health restored; but if cold gain the ascendancy, heat will be dispossessed of its empire, and death will follow of course. As soon as life ceases, the body becomes cold, which is conclusive evidence that its gaining the victory, is the cause of death. When the power of cold be nearly equal to that of heat, the fever, or strife between the two parties, may continue for a longer or shorter time, according to circumstances. This form of disease has sometimes been called a long fever, on account of its tedious continuance. In ague and fever, the battle between cold and heat will take place periodically, sometimes every day, at other times, every other day, and they will leave off nearly equal, heat keeping a little the ascendancy."

"In attempting to cure a case of this kind, we must consider whether the fever be a friend or an enemy; if it be a friend, which I hold to be the fact, when the fever fit be on, increase the power of heat, in order to drive off the power of cold, and life will bear rule; but, on the con-

trary, should cold be considered a friend, when the cold fit be on, by increasing its power, ye drive off the heat; then death must ensue. Thus ye may promote life or death, by tempering [aiding] cold or heat."

"Much has been said by the doctors, concerning the turn of a fever, and the length of time it will run. When it is said that a fever will turn at such a time, I presume it must be meant that it has been *gone*. This is true, for it is then gone on the outside, and is trying to turn again and go inside, where it belongs."

"Instead of following the dictates of nature, and aiding her to subdue the cold, the doctor uses his skill to kill the fever! How, I would ask, in the name of common sense, can any thing turn when killed? Support the fever and it will return inside; the cold, which is the cause of disease, will be driven out, and health will be restored. In all cases called fever, the causes are the same, in a greater or a lesser degree, and may be relieved by one general remedy. Cold causes canker, and before the canker be seated, the strife will take place between cold and heat; and while the hot flashes and cold chills remain, it is evident that the canker is not settled, and the hot medicine alone, occasionally assisted by steam, will throw it off. But as the contest ceases, the heat is steady on the outside; then canker assumes the power inside; this is called a settled fever. The truth is, the canker is fixed on the inside, and will ripen and come off in a short time, if the fever be kept up, so as to overpower the cold. This idea is new, and never was known till my discovery."

"When a patient be bled, it lessens the heat, and gives double power to the cold; like taking out one side of a scale, and putting in the other, which turns the scale in favor of the disease."—For a further view of Doctor Thomson's explanation of this subject, see my chapter "heat is life and cold is death," especially, pages 152, 153, &c..

"We frequently see in the newspapers, accounts of people dying in consequence of drinking cold water, when very warm. Some fall dead instantly, and others linger for several hours. The doctors have not been able to afford any relief when called.

The principal symptoms are, chills and shivering with

cold, which are viewed with astonishment, by those who witness it. Proper caution should always be observed by persons when very warm and thirsty, who drink cold water, to swallow something hot before drinking the water, and drink but little at a time, which will prevent any fatal effects."

"This strange circumstance of being cold in a hot day, and which has never been accounted for in a satisfactory manner to the public, I shall endeavor to explain in as comprehensive and plain language as I am capable of. The component parts of animal bodies are earth and water, and life and motion are caused by fire and air. The inward heat is the fountain of life, and as much as that has the power above the outward heat, so much of life and strength; and when we lose this power of heat, our strength and faculties decay, in proportion; and it is immaterial, whether we lose this power by losing the inward heat, or raising the outward heat above it; as the effect is the same."

"The cause of the fatal effects produced by drinking cold water, is, the spring of life is overwhelmed at the fountain, the inward heat being lowered, by throwing into the stomach so large a quantity of cold water, as to give the outward heat the power of balancing the inward, and in proportion as one approaches to an equality with the other, so the strength will be diminished, and when equal they die."

"The practice of bleeding for the purpose of curing disease, I consider most unnatural and injurious. Nature never furnishes the body with more blood than is necessary for the maintenance of health. To take away a part of the blood of any person, is to take away just so much of his life, and is as contrary to nature, as it would be to cut away a part of the flesh. Many experiments have been tried by the use of the lancet, in fever, but I believe it will be allowed by all, that most of them have proved fatal; and several eminent physicians have died in consequence of trying the experiment on themselves. If the system be diseased, the blood becomes as much diseased as any other part; but how taking part of it away can help to cure what remains, can never be reconciled with common sense."

Fever has so many names given by the faculty, that it is entirely unnecessary to go into an elaborate detail or description of them. A view of some of the most common causes and symptoms, and a general outline of the treatment will be amply sufficient; because *all fevers*, come under the same class, and that medicine and treatment which will cure the worst of the fevers, will with a little variation cure all the others, or in other words remove the cause of the excitement called fever. For Thomsonians do not call fever a disease, strictly speaking; but as it were, a war between the heat and cold, in the same body. The fever, therefore is the friend, and cold the enemy.

Causes.—Whatever depresses the spirits, or impoverishes the blood; grief; anxiety; want of sleep; intense thought; living on poor watery diet; unripe or unwholesome fruits; foul air or dirty low houses; crowded places; whatever obstructs perspiration; putrid, animal or vegetable effluvia; eating too much animal food without a proper mixture of vegetables; a stoppage of any of the customary, or natural evacuation; unwholesome diet; filth; cold; damps; or any thing else which causes obstruction, and a war with the natural heat of the body.

SYMPTOMS.—A dejected countenance; prostration of strength; pain in the head; vertigo; costiveness; flashes, or continued, or intermitted heat upon the surface of the body, or the same or a similar sensation inwardly; frequent shiverings, attended with oppression about the heart, and sickness at the stomach, or vomiting.

Fevers are divided according to the symptoms, into *continual, re-mitting, intermitting, nervous, spotted, yellow*, and such as are attended with inflammation or eruption, &c., according to whatever symptoms may appear with it.

CURE.—No matter what the cause or symptoms accompanying a fever may be, nor what name the doctor may give it, if the efforts of nature at the beginning, be attended to, it would seldom continue long; but when her efforts be either neglected or counteracted, it is no wonder if the disease prove fatal. By increasing the fever with No. 1 and 2, and removing the canker with No. 3, in a drink and in injections we may turn a fever

when we please. While this be doing let the practitioner study his patient, and the accompanying symptoms, rather than *mere names*, and apply the remedies accordingly. If the head be distressed or bowels costive, use the syringe and foot-bathing, effectually; if the skin be as it were parched with a dry burning fever, sponge it over with tepid or cool water, or water with a little Vinegar Lotion or Whiskey Lotion added, while the Composition and No. 7, or No. 2, 7 and a little Laxative No. 4, be pouring down the inside, till the patient can spit freely, and the mouth, and throat become moist. Thus we raise the heat inside and let it down outside, until it turn inward, with a thorough use of the syringe at the same time; then we apply the vapour bath; or steaming stones as the case may be. Thus we raise the fountain and lower the stream, until a natural action be produced. This is what is called the turn of a fever. Thus the patient should be put through a full course, or a short one, according to the violence of the symptoms, or the length of time the patient has been unwell.—The emetics may be given of the 3rd preparation of No. 1 in a tea of the first preparation of No. 4, or in a tea of No. 3, and Laxative No. 4:—Common clysters with the same added should be perseveringly administered.

In all cases where the bowels be loose, the stomach very morbid or bilious, or the skin or eyes tinged with yellow, the Laxative medicines must not be added; and even where they may be given, let that be no more than will cause and continue a natural movement. Let the syringe do *its* work. And where there be chills and fever, or inflammatory fever, let the Laxatives alone.

A Short Course of medicine with the 1st and 10th preparation of No. 4, drank freely will cure any fever in a few hours, if applied at the commencement.

FISTULA.

SYMPTOMS.—An abscess or ulcer, at or near the fundament, preceeded by an inflamed swelling, which gives much pain.

CURE.—Doctor Curtis says, “just call the fistula an

obstinate 'old sore,' give several courses of medicine to clear the system of canker; put a poultice on the ulcer, (if it be open,) to receive the morbid virus, so that it shall not be absorbed by the lymphatics and carried through the system again. If any parts be hard and dead, touch them with the caustic pot ash, till they suppurate and leave nothing but live flesh. Then keep on the Thomsonian poultice till the sore entirely heals."—See Canker Sores, page 301.

FLOODING, OBSTRUCTED COURSES, WHITES, &c..

Flooding is caused by an unequal circulation of the blood, action of the system and diffusion of heat:—Obstructed Courses, by cold settled in the system, or applied to the body during the *courses*, &c..—Whites, by various causes, reducing the health and strength, and bringing on general debility.

SYMPTOMS.—The most usual symptoms accompanying these difficulties, are pains in the head, back, and loins; costiveness; undigestion; hysteric affection; palpitation of the heart; flatulence; emaciation; paleness of countenance and faded lips; the eyes lose much of their wanted luster and expression, and a livid blue, semi-lunar circle appears about them; general lassitude; easily fatigued; dropsical swellings of the feet; a disordered state of the whole internal system, &c..

CURE.—To cure flooding we must restore the natural circulation, action and diffusion of the system, which is always necessary to a state of perfect health. This is done by relaxing the surface, restoring perspiration and regulating the secretion of the bile. Injections of Witch Hazel to the parts affected, should be given often, that the bleeding vessels may recover their tone. In addition to this, with full courses, a systematic and constant course of stimulating the system must be daily followed. Conserve of Hollyhock, Spiced Bitters, Ladies Bitters or a preparation called by some "Womens Friend," with No. 2 and 7, persevered in for a proper length of time, will affect a cure.

Doctor Curtis says, "cases in which the superior skill

of learned poisoning has completely deranged all the vital organs, cannot be cured in a day. It is well if they be ever cured. We have but just now restored one to a comfortable condition, after a constant practice of four years, during which time more than two hundred regular courses have been given, and no day has passed in which medicine was wholly omitted. We mention this to encourage PERSEVERANCE, one of the best prescriptions in the Botanic Catalogue."

Here let it be distinctly understood, that the same remedies that have been found successful in restraining an excessive flooding, have been found serviceable for removing obstructions and regulating any morbid or irregular discharges, whether these discharges may have been deficient in quantity or defective in quality.

FRACTURES.

When the bone of any limb be broken, it should be relaxed, as much as may be needful, as directed for dislocations, page 329. When this be done, it must be laid perfectly straight, as it was before it was fractured, and then be properly bound up, so as to keep it straight and easy. This may be done by almost any one that has a small degree of learning, with a sufficient share of common sense and a mechanical head. Yet I advise people never to employ an operator who has not common sense and a mechanical head, no matter what his pretensions to learning may be. All *tight* bandages should be avoided; as the part had much better go without any, than to be cased too tight.

The best method of binding up a fractured limb, is, between two pieces of firm pliable leather or pasteboard, or the like. If moistened before it be applied, it will soon assume the shape of the included member, and then will be quite sufficient, with the assistance of a very slight bandage of broad tape or the like.

If the fractured part be inflamed or swelled, that must be reduced the *first* thing, by our means, as directed in another part of this book; and if it should again swell, it must be attended to, and the bandage regulated so as to be, neither too slack nor too tight.

The bandages or part may be wet every day, or at dressing, with a mixture of Vinegar Lotion and Tincture of Arse-smart, with a little Camphor added, and diluted with water, or a decoction of Burdock Root or Seed;

Medicine such as Composition, and No. 4, must be given daily, as in all cases of external injuries, (not neglecting the bowels) till the patient be out of danger.

FALLING OF THE WOMB.

This bearing down of the womb, is called by the doctors *prolapsus uteri* or *procidentia uteri*, either through effected modesty in the presence of a delicate ear, or a desire not to be understood; but useless affectations of modesty in cases of stern necessity, are not commendable, neither is secrecy through an unknown tongue justifiable.

When the womb settles or falls from its natural place and position, and decends perceptibly into the passage or canal leading thereto, or through the external orifice, it is called, in common parlance, "*falling of the womb.*"

Causes.—Hard labor; carrying burdens while pregnant; over efforts in time of labor; excessive floodings; sudden leaps, or falls; sprains; weaknesses; injuries from quackery &c., &c..

SYMPTOMS.—This complaint sometimes forms such a fulness and bearing down of the parts, between the thighs, as to render the woman very clumsy and awkward in walking. Sometimes this complaint is exceedingly painful, and greatly interrupts a woman, in the discharge of her domestic avocations, who, otherwise would be in good health. In some, the neck of the womb has protruded several inches below the external orifice.—The *whites*, is a common attendant on this complaint. The excessive weakness which an excessive flow of the whites will produce, may readily induce a great falling, pressing and protruding of the womb. Some young women, as well as many of the older part of the sisterhood, have been sorely visited with this complaint; but with them it is a rare occurrence.

CURE.—An ounce of timely prudence, to avoid such

occurrences, is better than a pound of cure after the mischief be done. As soon as any symptoms of this complaint appear, the case appears very plain, and may be easily managed. Make a strong tea of Witch Hazel leaves, or perfect No. 3, and with a syringe, inject it into the canal or vagina; drink of the same sweetened with No. 6 added; also, drink of powerful tonics, such as the 1st, 2nd, 4th or 6th preparation of No. 4, or bitters made of equal parts of Tanzy, Featherfew, Unicorn Root, Golden Seal, Aspen Bark, White Ginger, Gum Myrrh, Cloves and Bayberry, made sufficiently strong with No. 2, and sweetened with loaf sugar. This compound is very near (but better than) what some Thomsonians prepare and call "Ladies' Friend" or "Woman's Friend." When the patient be got under way by repeating the above prescriptions, till relieved of all pain, then put her through a full course of the medicine. This is the treatment; and it must be repeated if found necessary.

In very bad cases, especially those of long standing, and where the womb may be protruded quite out from the body, it must be carefully replaced, which any careful midwife, or careful experienced person may easily do, then use the above prescriptions, perseveringly; but allowing the patient to lie, in a smooth but hard bed, till able to be about.

To the young and unexperienced, the following directions may sometimes be found acceptable, in directing them how to assist those who may stand in need of their help, in a very prolapsed state of the womb:—

Place the sufferer on her knees, in bed, so that her thighs shall be perpendicular, but the knees somewhat distant. Have a sheet folded several thicknesses under her knees to protect the bed. Administer an injection of No. 3, Witch Hazel or Red Raspberry leaf tea, with Slippery Elm therein, and the reduction, if not already effected, by her position, will be instantly made; then she may lie down: Astringent injections therein, with full Courses, followed by the Long Course and powerful tonics, will effect a cure. Care must always be taken afterward.

In cases of long standing, that have become habitual and obstinate, a *pessary* may be used to advantage. Those made of gum elastic are preferred. It is a safe

and simple instrument. A husband, or any female friend, of common ingenuity, can introduce it to its proper place and position. The bladder and bowels must be first evacuated, not omitting the fore part of our directions, so far as may be needful. Then let the pessary be lubricated with sweet oil, lard or slippery elm mucilage: Then carefully introduce the instrument, and pass it up to a proper height and position. Doctor Hersey says, "All this is so easy to accomplish, that we have never found a woman who, by being once shown the mode of management, had any occasion for further instruction." Rubbing over the belly and loins, frequently, with a mixture of No. 6 and sweet oil, well shaken together, is good to excite a healthy action, and the addition of a Strengthening Plaster on the small of the back, will brace up and assist in giving tone and vigor to the parts.

The pessary should be occasionally removed and cleansed; and if there be danger of the womb falling, by its removal, let the woman recline on a bed, while a friend washes the instrument in warm soap-suds, rubs it dry, lubricates and restores it to its place, as at first. While it be removed, female clysters of No. 3, or Witch Hazle tea, with a few drops of the Second Preparation of No. 2, or of No. 6, therein, may be administered. Full Courses of medicine, accompanied with the Long Course, judiciously administered, with the Strengthening Plaster, &c., will generally be found to be of far more benefit than a resort to the *pessary*.

FINGER-RING,

WHEN FAST ON, TO REMOVE.

Thread a needle with a strong thread; pass the needle with care, under the ring, and pull the thread through, a few inches, toward the hand; then wrap the long end of the thread tightly round the finger, regularly, from the ring down to the nail, to reduce its size. Keep it in this manner, while taking hold of the short end, near the needle, and unwind it. The thread will press against the ring, and gradually remove it without difficulty, however swelled the finger may be.

GOUT.

Causes.—Excess and idleness; cold and obstructions; confinement and intense study, without any abatement of the ordinary quantity of food; obstructions of the customary discharges; grief or uneasiness of mind, &c..

SYMPTOMS.—Undigestion; drowsiness; belching of wind; slight head-aches; sickness, and sometimes vomiting; pain in the great toe, sometimes in the heel, and at other times in the ankle or calf of the leg, accompanied with a sensation as if cold water were poured upon the part. This is succeeded by a shivering and some degree of fever; torturing pain for a day so, succeeded by swelling, &c..

CURE.—This is a species of rheumatism, and must be cured with the same remedies, with the addition of strict temperance and exercise. A Short Course of medicine and repeated, and followed up with the Long one, will often be sufficient.

GRAVEL AND STONE.

When hard, calculous substances, like stones, gravel or sand, be lodged in the liver, stomach, intestines, kidneys or bladder, then the individual thus afflicted has the *Gravel*; for they are all the same complaint, and brought on by the same or similar

Causes.—Any thing which weakens the digestive organs, thickens the gall, or clogs the urinary glands, as sprains; rheumatisms; gouts; high or unregular living; constant use of water or food impregnated with earthy particles, &c..

SYMPTOMS.—A certain lady, from Chester county, told me that she passed seventeen stones, with the excrement, which, no doubt, commenced their formation in the liver or the stomach. She showed me nearly a dozen of them. They were about from one fourth to half the size of a small hickory nut, of a triangular shape, brown or red and white speckled. Others have the affection in the kidneys, bladder, &c., and is known by voiding, in the urine, particles of sand or gravel; pain in the neck of

the bladder, before and after making water; urine coming away in drops, or by sudden starts and stops; white, thick, stinking sediment in the urine, &c.. In worse stages, the pain and obstruction becomes grievously troublesome; discharging bloody urine; an inclination to go to stool while endeavoring to void the urine, &c..

CURE.—A full Course of the medicine, and making a free use of the Second and Tenth Preparations of No. 4. A tea of Pipsissaway and Wild Lettuce, No. 3, &c., may also be drank for a length of time, and injections, daily, till cured. Bathing the loins, &c., with Vinegar Lotion and wearing a Strengthening Plaster, is also good. The Short and Long Courses, with Diuretic Tea, and powerful tonics, are excellent in this complaint.

HEAD-ACHS.

Causes.—Sudden cold, from chilling winds; wet feet; morbid stomach, &c..

CURE.—Slight cases may be cured in an hour or two, by drinking Composition, every fifteen minutes, and taking injections at the same time: Or, by taking the Bitter Nerve Drops, page 21 and 22. In worse cases, a Short Course of medicine, with the above. In chronic cases, the full Courses, repeated, never omitting the clysters; then tonics, afterward. A few doses of Vinegar Lotion and a little Pearl Ash or Salt, or some other neutralizing mixture, is often serviceable, when treating head-achs.

HEART-BURN, OR STOMACH-BURN.

Causes.—Costiveness; morbid stomach; eating unwholesome, crude or acid articles; stale liquors, &c..

SYMPTOMS.—This is not a heart-burn, as it is commonly named. If there be any *burn* about, it is a stomach-burn. It is known by an uneasy, scalding sensation, or a sensation of heat or acrimony about the pit of the stomach, which is sometimes attended with nausea and vomiting; slight acrid risings; sometimes a dry, hot feeling, with a sense of a load or obstruction, &c., about the pit of the stomach.

CURE.—A Short Course of medicine, and repeated, if necessary, with some Laxative No. 4, and a little Vinegar Lotion, and as much Pearl Ash as will lie on a five-cent piece, added, occasionally, and followed by a Long Course, will generally cure, before the remedy be all applied.

HICKUPS.

This is a common occurrence, especially in children and infants. It commonly arises from some acidity of the juices, or coldness of the stomach.

CURE.—Drink a strong tea of Spear Mint, or Essence of Mint in warm water, or Composition tea. A little Salæratuſ or Pearl Ash, dissolved in warm water and drank. A tea of wood soot is said to be good. Injections are also good. Rubbing the throat, breast and pit of the stomach with Stimulating Liniment, or the Third Preparation of No. 1, or No. 6, will cure it. If the complaint be habitual, add the above treatment to a Short Course of medicine.

HYDROPHOBIA.

This is the most dreadful of complaints, having been seldom if ever cured by the mineral doctors. They do not pretend to be able to cure it at all. They say it cannot be cured. So we will leave them behind, and follow Thomson, our pattern. He says he has cured three mad dogs, that were under the most violent symptoms of hydrophobia. One of his agents cured a man who had been bitten by a mad rat, and had the hydrophobic symptoms; and since the system has spread, far and wide, over the Union, there have been many cures performed; and there is no account on record of any case of hydrophobia having failed under the Thomsonian Practice; but there are now a number of persons living, cured of hydrophobia, and are now *living witnesses* in favor of the superiority of this practice.

Cause.—The poison virus of any rabid animal, communicated to the blood of any other creature, by any means whatever.

Symptoms.—The most unvariable symptoms are, fear or dread of water, and great difficulty in drinking water or any other liquid. Other symptoms are also very common—such as a strong propensity to bite any person or thing near, when the spasms be on; occasional derangement of the brain, with a disposition to wander about or from home, accompanied with more or less apparent ill health; fits of barking or howling, like a dog; slavering or foaming at the mouth; and, at the presentation of water, these symptoms become aggravated to the highest degree.

CURE.—In all cases of hydrophobia, let it be always remembered, that our main dependence is upon the full and thorough Courses of medicine, and repeated every six hours, till all symptoms be gone. The Courses in this malady must be varied a little from that laid down at page 129, &c.; The Composition, after giving a few doses, must be made twice as strong, and a dose of No. 2 and a dose of the Third Preparation of No. 1, and also a dose of the Anti-Spasmodic Tincture, or large doses of Meadow Cabbage, or Nerve Powder, in every dose; and give the same by injections, every hour. Steam, before and after vomiting. Give the vomit in a strong tea of No. 3 and 4, mixed or in the prepared Emetic Tea and No. 4. While steaming, give the patient a dose every five minutes, composed of a strong tea of two teaspoons full of Composition, two of First Preparation of No. 4, one teaspoon full of Nerve Powder, and one teaspoon full of Bitter Nerve Drops, two teaspoons full of Anti Spasmodic Tincture. After the Composition and No. 4 tea be made ready to give, then add the above nervines. Raise the steam as high as can well be borne by the patient, beginning at a low degree, and raising it gradually about one degree per minute, to 130 or 140 degrees, or even higher, if needful, and continue from 50 to 60 minutes. Then sponge the patient over with the Whiskey Lotion or Vinegar Lotion. Then, if this be the first steaming of the Course, give the Emetic, say three brisk actions, by giving the Third Preparation of No. 1, in tablespoon full doses, and a dose of Anti-Spasmodic Tincture added, in a pint of strong tea of No. 3 and 4; and the same by injections. After the vomiting be over, continue the doses above-mentioned, (as during the time of steaming.)

The above treatment must be persevered in, unremittingly, till every symptom of the disease be gone; and then, one Course a day, for two or three days, and after that, a Course every three or four days, for a week or two longer. And should the symptoms ever return, follow up the former course, and not leave it off too soon.

If there be a wound, or any part badly bitten by the rabid animal, it must be well washed with soap-suds; then with Vinegar Lotion or Pepper Sauce, made briny with salt; then poulticed with thick Third Preparation of No. 1, for two or three days. If Poultices be longer needed, they may be composed of a strong tea of Witch Hazel, thickened with Slippery Elm, Ginger, powdered Cracker, and a little Meadow Cabbage and Ellekampane, till disposed to heal. Then the Salve.

The patient may also take occasional doses of the above briny Tincture, and, once or twice in a day, a large tablespoon full of strong Tincture of the broad-leafed Plantain.

During the above treatment, there must be scrupulous attention paid to the diet of the patient, both as regards the quality and quantity. Let it be the most light, nourishing and easy of digestion; and if a sufficiency cannot be gotten down the throat, let it be given in a liquid form, in the injections, after one or two evacuations, each time.

In all bad cases, where the patient be strong and dangerous, it will be much the best to hobble them by the foot, or otherwise, to something firm, for the safety and convenience of the attendants.

The whole of the above treatment must be regulated and varied to suit the age, strength, condition and symptoms of the patient; and ninety-nine cases in every hundred will be cured, if taken in time; and even if not in due time, every effort should be made to restore the patient; and not as has been cruelly and murderously practiced—; bleeding and poisoning to death, and smothering between beds, &c.!!

When a person has been bitten by a dog or any other animal, supposed to be mad, the strictest inquiry should be made, forthwith, to ascertain this point; for some have lived in continual anxiety for years, after having

been bitten, because they believed the dog to be mad, but had not, from one cause or other, ascertained whether the dog were mad or not—he having been killed on the spot, or gone off, and not afterwards found, or the like. For these and other reasons, I will here give some of the most common

Symptoms of Canine Madness.—At first, a dull look; aversion to food and company; does not bark as usual; will not come for calling, as usual; seems to murmur; is peevish and apt to bite, especially strangers, and afterwards his own master, or any thing else, when the fit be on; his ears droop more than usual; his tail also droops low, or between his hind legs; eyes heavy, inflamed and watery; afterwards he begins to loll out his tongue and froth at the mouth; he then, if not confined, runs off, panting, with a kind of dejected air, which is quite perceptible, and endeavors, at times, to bite every thing he meets. Other dogs dislike his company. Several of the above symptoms are certain indications of madness. The best

CURE FOR MAD DOGS, is to shoot and bury them; and the best PREVENTIVE of canine madness or hydrophobia, is, to cut every dog's tail off—close behind his ears! He who can keep worthless dogs, to the danger of the lives of his fellow men, has very little philanthropy.

HYSTERICIS.

Causes.—A habitual use of tea and coffee; irritation of the nerves; obstructed evacuations, as menses, gravel, strangury, &c.; low spirits; grief; weak or phlegmy stomach; relaxed habit; unwholesome food; cramps, &c..

SYMPTOMS.—Cramps; fits resembling swooning or fainting; sometimes the patient lies as in a sleep, and the breathing so low as scarce to be perceived; at other times, powerful spasmodic actions, cramps, &c., are exhibited.

CURE.—Give the patient, during a fit, repeated doses of the Anti-Spasmodic Tincture, (page 29) and the Bitter Nerve Drops, (page 21) alone or in a tea of Composition or No. 2; at the same time, give injections, with the anti-spasmodics and nervine added. In bad cases, let the feet

hang from the bed in a vessel of warm water, and a blanket drawn around and over the vessel and all. With the above treatment, give repeated, small, weak doses of the Second Preparation of No. 1, till the patient recover a little; then put her through a Full Course of the medicine, and follow with a Long one.

Garden Tanzy, Featherfew, Wormwood, Nerve Powder or Drops, and Meadow Cabbage Root, are excellent medicines in this complaint, both in drink and by clysters.

INFLAMMATION.

Pain is often a forerunner of inflammation; inflammation of mortification; and mortification of death. Any thing, therefore, that occasions pain, (and they are many,) may produce inflammation, mortification and death, if not arrested, checked or cured. Hence, it must be evident that the medicine which will cure mortification, will necessarily, and even more easily cure any of the preceding symptoms. And as I have, where speaking of the use of Injections, at page 53 and 54, 127 and 128, shown that whatever disease a medicine is good for, in one part of the body, it is also good for the same disease in any other part, by being properly prepared and judiciously applied to the part where the disease be seated; so, I shall, under the head of "Inflammation," merely give an outline of the medicines and treatment of this class of disease, leaving the particular treatment to each practitioner to regulate, according to our principles and his best judgment, in each particular case. A little attention to the nature of inflammations, with the full and ample description of the medical properties and virtues of each medicine, will enable any one having a little learning and a suitable portion of common sense, to select and apply that which will answer a good purpose. As I said, inflammation is a forerunner of mortification, and as mortification is a state of corruption and putrefaction, on a rapid, wholesale scale, it is necessary to apply the most powerful anti-septics, as their nature is against putrefaction.

All swellings come under this class of disease; there-

fore, whenever a swelling have to be reduced, apply anti-septic medicines, of the softening, opening and astringent kinds, aided, whenever necessary, with the Vapor Bath.

For a Poultice, for instance, which is powerful against putrefaction, and capable of absorbing and sucking out corruption, scattering inflammation and reducing swellings, is one made of a strong tea of No. 3, thickened with fine Slippery Elm, Ginger, and pounded flour Crackers. This is a first rate poultice for all common putrified sores, such as fellons, ulcers, boils, and the like, where the inflammation runs high. If the pain be great, take inwardly, at the same time, No. 2, 3 and 6, in frequent and liberal doses.

In all old or deadened ulcers and scrofulous diseases, add to the Poultice a little No. 1 and Arsesmart, and also a little No. 2 and No. 6, till it come to its feeling. If proud flesh get in, drop on it a little fine No. 2, a few times, when dressing, and it will disappear. Tincture of Myrrh is also an excellent wash for putrid sores.

In cases of Fractures, Dislocations, &c., if swelling take place, and it be desired to reduce it speedily, it may be bathed frequently with the Sour Tincture of No. 1, Tincture of Wormwood, Tincture of Burdock, Tincture of Tanzy, and Tincture of Mullen, all mixed together and applied warm, or any of them that can be had: Or the bruised herbs, with Life-Everlasting added, simmered in Vinegar, and applied warm and kept wet with the juice of the same, will answer a powerful purpose. In the mean time, the patient must drink of Composition and No. 6, take Bitters, Nerve Powder, &c.; and in all bad cases, give injections, vomits, and the vapor bath or foot bathing, as the case may require. This treatment, with a full Course or two, and steaming in the fumes of Vinegar, will quickly disarm many a dreadful swelling and other forms of disease, of all their terrors, reducing a dreadful symptom to a "small affair."

Burdock leaves, Tanzy, Wormwood, Mullen, &c., bruised and stewed in Sour Tincture of No. 1, or No. 6, and applied to a bruise or any external injury, will allay the inflammation and ease pain. They are also good on a sprain, as the application will give immediate relief. Swelled or stiffened joints may be relieved in the same

manner, by adding Third Preparation of No. 1. In some rheumatic affections, a few drops of Spirits of Turpentine may be added to some of the external applications, to good advantage; but it is a powerful article, and should be used with great caution, for taking a cold after it would be dangerous.

If there be much inflammation and excessive pain, dissolve a bit of Gum Camphor in four times its weight of Third Preparation of No. 1, or No. 6, and bathe the affected part well therewith and with Vinegar Lotion. Drink of the same in a strong tea of No. 3, and give the same by injections, repeating the same, until the patient be out of danger, or dead.

If poison be present, the No. 1 must always be used, internally and externally, as may be needful.

Thus, for Inflammation, we have No. 3, No. 6, No. 1, Third Preparation, Slippery Elm, Ginger, Burdock, Wormwood, Tanzy, Gum Camphor, Tincture of Myrrh, and many other things which have been found to be good anti-septics: Also, Charcoal, Yeast, Carrots, Red Clover Blossoms, Pipsissaway, Chamomile, Steam, &c., &c.. Now, let the remedy be applied with judgment and discretion, to that part where the disease be seated.



ITCH.

Causes.—Filthiness; infection, &c..

SYMPTOMS.—It generally appears in small, watery pustules, between the fingers and about the wrists; then it creeps into the arms, thighs, legs, &c., getting into the blood, and afterwards breaking out, in like manner, over the body, and uniting, till it forms large blotches or scabs. This complaint is, indeed, what it is called, for the patient, especially when warm, is tormented with an intolerable itching.

CURE.—In bad cases, it will save time and trouble to go through a Full Course of medicine, and then use the Itch Ointment, according to directions. In slight cases, the Ointment, with Composition, and with or without a Short Course, will be sufficient. But let all beware of all the old remedies, such as *Precipitate, Mercurial Oint-*

ments, Sulphur, &c.; for, by the use of some of those drugs, many have been poisoned and their bones rotted in such a manner as never to get over it.

JAUNDICE.

Cause.—Cold, morbid stomach; want of digestion, &c..

SYMPTOMS.—Appetite lost; costiveness; faintness; dullness; sleepiness; skin and eyes unusually tinged with a yellow color, which is caused by the gall leaving its proper direction and becoming diffused through the skin.

CURE.—Cleanse the bowels and stomach, remove the cold and canker, restore the digestion, perspiration and elasticity of the system; and then the gall will be applied to its proper use, and health restored. These are to be done with No. 1, 2, 3, 4, 6 and 7, aided with the Syringe and Vapor Bath: All this may be easily and quickly done.

LOCK-JAW.

Causes.—Hurts; cuts or wounds of any kind, in any part of the body. Cold, accompanied with wet, is most liable to produce this disease.

SYMPTOMS.—It often comes on with a pain and stiffness in the back part of the neck and muscles; an uneasy sensation at the lower part of the breast; pain and stiffness about the root of the tongue; a difficulty of swallowing; and, at length the head, neck and back-bone are bent backwards and the body becomes fixed in that position. The muscles of the lower jaw then become violently affected, attended with an impossibility of swallowing. Even liquids are thrown forcibly back, through the nose. The jaws become locked; the patient is frequently seized with convulsive spasms; bowels generally costive; face pale, expressive of anxiety or distress. At length the muscular system becomes generally affected, and a universal convulsion closes the scene, if not previously cured.

CURE.—The first thing to be done, is to lay the pa-

tient on his back, with the head and shoulders a little elevated; then raise the cheeks, alternately on each side of the mouth, and drop in, slowly, to the amount of half a teaspoon full of the Third Preparation of No. 1, every five minutes, until the jaws become loosened, not forgetting to bathe the jaws and neck, about the ears and root of the tongue, with the same, and rub it well in, warm, with a gentle friction. While this be going on, if the patient be very bad, give warm injections, with the Third Preparation in them; and let the feet hang from the bed in a warm foot bath, according to the directions at page 103. Continue the drops in the mouth, as above directed, till the other performances be gone through with; and before they be, the jaws will become loose, and the patient can then swallow. Then administer a Full Course or a Short one, as may be needfull; giving No. 3 to remove canker, and No. 4 to give a good appetite and digestion.

MIDWIFERY.

Midwifery is the art of assisting women at child-birth.

“The Hebrew women are lively, and are delivered, ere the midwives come in unto them.”

Doctor Thomson remarks, that if “this important branch had been preserved in its simplicity, attended only by women, as it seems to have been in the days of the ancient Egyptians, when the Hebrews were slaves under Pharaoh, who ordered the midwives to kill all the Hebrew male children, at their birth, women might still be delivered with as little trouble to the widwives, and as little pain to themselves, as, from the account, it appears they were, for, as a cover to their humanity, and to escape punishment from the king, the midwives excused themselves for not killing the male children, on account of the liveliness of the Hebrew women. If those women had been treated according to the practice of the doctors of the present day, with their pincers, Pharaoh would have had less cause to have issued his decree to kill the male children; as, many might have been [yes,

doctor, *would* have been] killed with impunity before it was known whether they were male or female. ; Has the nature of women altered, which makes the mode of having children so much more difficult and mysterious now than it was then? ; Or is it the speculation of the doctors, for the sake of robbing the people of *twenty dollars*, the regular tribute here [in Boston] for each child born? And should the child be born, fortunately for the mother and child both, before the arrival of the doctor, even then, instead of the price of a common visit, he considers himself entitled to a half fee : that is, ten dollars. In all this, ye may see the mystery of iniquity. Then, dismiss the doctor ; restore the business into the hands of women, where it belongs ; and spare your wives from much unnecessary pain, your children, perhaps, from death ; and, at all events, your money for better purposes. Then will your children be born naturally, as fruit falls from the trees, when ripe, of itself."

"From this source, the doctors and their pincers, may be traced the miserable health of women ; unable to stand on their feet for weeks and months, some of whom never finally recover ; all caused by those horrid instruments of steel, to extend the passage, not only for the child, but for the instruments also. In this harsh, unnatural operation, they often not only crush the head of the child, but also the neck of the bladder. After this, there is an involuntary discharge of the urine, bearing down pains, &c., insomuch that life becomes an intolerable burden. ; Can any one believe there was ever an instance of this kind among the Hebrew women, where midwives only were known, or where Nature was the midwife? I think not. ; Is there any such thing known among the natives of this country, where Nature is their dependence? History gives us an account of their squaws having a pappoose at night and wade several rivers the next day, when driven by *Christians* in warfare. By the taking of the Unicorn Root, they would prevent themselves from taking cold. If all of these views of the subject, with what has been stated in the body of this work, and what is here to follow, be not satisfactory, neither would people be persuaded though one should rise from the dead."

In the part of the country where I was born, there was

scarcely a family who called the assistance of a doctor at the time of a birth. A midwife and two or three neighbor women were all that were thought necessary; and I never knew an instance wherein they were unsuccessful; for they used no force. They afforded such assistance as Nature required, by giving simple herb teas, to stimulate and strengthen the woman, maintain a perspiration, and quiet the nerves, when Nature did all the rest. And, further than all this, I believe I never knew of a woman dying in child-bed, in all my life, who was attended only by women, at the time of her delivery. Not exactly so now; for the fashion has greatly changed; at all events, it is different here, round about Bethania, where I now live. It is quite fashionable, I believe, with most people, to have a doctor sent for; and, I must confess, I never knew or heard of half as many women dying in child-bed, nor the fourth, if the tenth, of the number of children destroyed at the birth, in all my life, as I have during the few years I have lived here. This is a difference which every one may reconcile for himself, the best way he can. But, to me, it serves as conclusive evidence against the college doctors, and in favor of the domestic practice. When a few old women, with a handful of garden herbs, can so far surpass the pretended skill emanating from the colleges, what may we not expect from them, when armed with this life-invigorating, Thomsonian Practice to aid them? Doctor Curtis says, "Could the Thomsonian Fraternity, or the public in general, be aware of the mischiefs that are done by the rash, ignorant and officious members of the medical profession, no caution from me would be necessary to induce them to trust Nature, in *every extremity*, rather than to surrender their bodies as living subjects of reckless and dangerous experiments, founded on the wild vagaries of the visionary theorists of the schools." "Unassisted Nature is far preferable, as an accoucher, to the latter class of doctors."

"The proceedings of Nature, in ripening her fruits, in bursting the husks of walnuts and almonds, and opening the shells of eggs without force, when ripe, should teach midwives patience, and persuade them to let Nature alone to perform her own work, and not to disquiet women by their suggestings; for such enforcements rather hinder

the birth, than in any way promote it. They often ruin the mother and often the child. Let midwives know that they are Nature's servants."—*Villoughby*.

"The rash and preposterous application of instruments has proved the bane of thousands."

"It is very important to keep up the strength of women in a state of pregnancy, so that, at the time of delivery, they may be in possession of all their natural powers. They should be carried through a Course of the medicine, several times, particularly a little before delivery; and kept in a perspiration during the time of, and after delivery; which will prevent after-pains and other complaints common in such cases."

"Beware of bleeding, opium, and cold baths. Invigorate all the faculties of the body and mind, to exert the most laborious efforts that Nature is called upon to perform, instead of stupifying, and substituting art for Nature."

Doctor Thomson relates a case, which he says he was "knowing to," which is as follows :

"A woman was taken in travail, and as the midwife could not come, a doctor was sent for. When he came, the prospect was, that she would be delivered in two hours; he gave her medicine which caused vomiting, and turned the pains to the stomach. She continued in this situation twelve hours, when her strength was nearly gone. He then bled her to stop the puking; and gave so much opium as to cause such a stupor that it required all of the exertions of the women to keep the breath of life in her, through the night. She continued very weak, and continued so till afternoon, when she was delivered, *with* INSTRUMENTS. The child was dead, and the woman came very near dying, and it was six months before she got her strength again. Many more cases might be given of the bad success of bleeding, and giving opium to stupify, and making use of art, instead of assisting Nature to do her own work."

The doctor relates another case, as follows :—"My brother's wife was in travail. The midwife called on me for advice, on account of a violent flooding; which I immediately relieved by the hot medicine; at the same time, some people present, privately sent for a doctor. When

he came, I told him there was no difficulty, and all that was wanting was time. After examination, he said the woman had been well treated. He then took the command, and very soon began to use too much exertion. He was cautioned by the midwife; but he showed temper, and said, 'Why did you send for me, if ye know best?' I told him he was not sent for by our request; we found no need of any other help. The doctor persisted in his harsh treatment for about seven hours, occasionally trying to put on his instruments of torture. This painful attempt caused the woman to shrink from her pains, and the child drew back. After making several unsuccessful attempts, he tired out, and asked me to examine her situation. I did so, and told him that the child was not so far advanced as when he came. He asked me to attend her. I refused the offer; and told him that he pronounced the woman well treated when he came; but she had not been so treated since, and I was not liable to bear the blame. He then sent for another doctor, and let her alone till the other doctor came; in which time, Nature had done much in advancing her labor; and I firmly believe that, with the use of such medicine as had been given her, and which ought to have been continued, Nature would have completed her delivery. The second doctor did but little more than to say, 'The instruments could now be put on;' which shows how far Nature had completed her work. ; The first doctor put on the instruments of death, and delivered her by force; using strength enough to have drawn a hundred weight! Thus the child was, as I should call it, murdered;—the head crushed!

"The woman flooded like the running of water, so as to be heard by all in the room. The doctors called for cold water, to put on as soon as possible. I told the doctor he need not trouble himself any farther about the woman, for I would take care of her. When the doctor left her, he said there was a doubt whether she lived twelve hours. At that time she was so swelled as to stop all evacuations, besides other injuries she had received by the use of force instead of aid. -The midwife used her best endeavors to promote a natural discharge, but in vain. But, when all other sources fail, then comes my turn. I succeeded, and saved her from mortification."

Here we see the difficulties and discouragements under which Doctor Thomson had to bring forward and establish this valuable system of practice. Here, when he had gotten rid of that butcher-doctor, he took care of the woman. He immediately gave her a good dose of his own medicines,—No. 2, 3 and 6—and got her into bed as soon as possible, when the alarming symptoms soon abated; “but her senses were gone, and her nerves all in a state of confusion.” He repeated a dose of the same articles, again, with the addition of No. 7; and put a hot stone, wrapped in cloths wet with vinegar, to her feet, and also at her back and bowels, until she got warm. Then her nerves became more composed. The second day, he put her through a Full Course of medicine; steaming her in bed; “for,” says he, “she was as helpless as though all the bones in her body were broken. All the way she could be turned, was to draw her on the under sheet, and so turn her that way;” and after he had put her through a second Course, she began to help herself a little. He stayed with her for five days and nights, and then left her, with medicines and directions, and she got well in about two months. In about two years after, she had another child; and she and the child both lived and did well, by keeping the doctors away. And further, says Thomson, “I am satisfied this would have been the case the first time, had this scourge of humanity been kept away.”

He relates another instance, where a college doctor was with a young woman in travail, who had fits. He bled her and took away her child by force. The woman remained a long time in a poor state of health. And, what more could be expected, when college quackery forbids the laws of Nature to take their course, by taking away the blood, “which is the life,” “to enable women to go through the most *laborious* task which Nature is called upon to perform?”

The doctor relates another case, where he was called upon to attend a woman, eighty miles distant. She had worked too hard and caught cold, and had been sick. He attended, and found the moisture in her glands so thickened with cold, that she could not spit clear of her mouth. He put her through a Course, and steamed her twice in

one day. Her ambition and vigor returned ; a fine son was born, and she walked from the fire to the bed ; then a portion of No. 2 and 3 was administered, and a steaming stone put to her feet. Perspiration soon followed, "and there was none of those alarming symptoms common to learned ignorance." "The second day she showed symptoms of child-bed fever and broken breasts. I carried her through another Course of medicine and steam. The fifth day she took breakfast and dinner below with the family, and carried her child up stairs. The eighth day she rode two miles, paid a visit and came back. The ninth day I carried her through another Course, and got her so far cleared, that she could spit clear of her mouth, for the first time after I saw her. The tenth day she rode the same distance.—Had she been attended in the common way, I have no doubt she would have had the child-bed fever, broken breasts, and poor health afterward." This made a great talk ; the people thought they should never dare send for a college doctor any more : to which Thomson replied, "Yes ; call the doctor and obtain his advice ; and then reverse every prescription given by him in a case of child-bed. If he say, 'be bled,' keep your blood for other uses. If he say, 'keep cold,' sweat yourselves. If he say, 'put cold water to your bowels,' take hot medicine inside, and a steaming stone at your feet. If he say, 'take physic,' use warm injections. If he say, 'starve yourselves,' eat what your appetites crave. By strict observance of the foregoing anti-directions, ye may enjoy health, and save the heavy bills for the many visits of the doctor, besides saving him the trouble of keeping you sick. This is the mode of having patent babies, so highly recommended by Doctor Robinson, in his twelfth lecture, who says, 'Even in child-bed delivery, a matter never to be forgotten, this practice has very nearly removed the pain and punishment from the daughters of Eve, threatened upon our progenitor, and entailed upon her offspring. A lady of great good sense, and without the least coloring of imagination, said, it was easier to have five children under the operation and influence of this new practice, than one by the other management and medicine. And she had experience in both ; and has been supported in the evidence by every one who has followed her example.' "

Another case, probably more remarkable than any other related by the doctor, is one where he was called to attend a woman in Greenfield, Saratoga county, N. Y., who had been in travail ten days, and her life despaired of. There were, when he arrived, about ten men and women present, and the seal of despair was set upon every countenance. The woman, in a weak voice, asked him if he could do any thing for her. He assured her that he would do every thing he could for her help. He then took out his medicine, and put a large spoon full of Composition in a cup, and added a teaspoon full of No. 2, one of No. 7, and one of sugar; filled the cup with boiling water, stirred them well together, and set it down to settle. He then poured off the tea, and added to it one large teaspoon full of the strongest No. 1 Powder, and gave it to the woman, who swallowed it with all possible faith that it would relieve her. This powerful dose roused the efforts of Nature, so that the woman was in readiness before her attendants; and, in less than fifteen minutes, a fine son was born. The mother and child both lived and did well. This almost miraculous work, in preserving the life of mother and child, gladdened every heart and cheered every countenance: and one of the women present, who was the mother of several children, declared that she would never have any but patent babies, after seeing the great skill and marvellous success of the patent doctor!

The whole time of a woman's pregnancy may be termed a kind of labor; for, from the time of her conception, to the time of her delivery, she labors under many difficulties; is subject, more or less, to various distempers and dangers, from one cause or another, till the time of the birth; and when that come, the greatest labor and travail comes along with it: insomuch that all her others are forgotten, and that only, is called labor. To assist her therein, is the principal business of the midwife.

Many women, especially with their first child, err in their reckoning, and so, when their time be near, take every *pain* they meet with, for *labor*, when it is not. This often proves prejudicial and troublesome to them; I will, therefore, set down some signs by which they may know when the true time be come. Some, especially with the

first child, perceiving any extraordinary pains in the belly, conclude they are labor pains, and send for a midwife; and then, by taking Composition or No. 2 and 3, or something for cold and canker, they get ease, and go some days, or even weeks, longer. This is called "*a false alarm*." It is, therefore, well, whenever any symptoms appear that be suspected to be those of approaching labor, to commence, at once, that kind of medical treatment which is best calculated to remove those symptoms, and, consequently, disease. If the symptoms prove to be those of disease only; they will be speedily removed; but if actual labor be begun, this same treatment will increase the pains in frequency and strength, till no further doubt will remain as to their cause. See page 89.

- SIGNS OF LABOR.—A few days previous to the time of true labor, her greatest protuberance, which before lay high, sinks down, and hinders her from walking so easily as she used to do; a slimy humor, appointed by Nature to lubricate the passage, exudes from the womb; and, when this discharge be discolored with blood, midwives call it *shows*, and it is an unfailing sign that the birth is near, the external parts enlarge and increase in fullness; great pain about the region of the reins and loins, which return regularly and distinctly, after short intervals. After a while, these pains increase in frequency and acuteness, and continue longer. The whole system then becomes agitated, and the blood mounts in reddened flashes to the face; and, sometimes, the stomach becomes very sick, even unto vomiting; frequent calls to discharge urine; the membranes, which contain the waters, protruding before the head of the child, can be distinctly perceived, upon examination by the midwife, being thus propelled downward, like a full bladder. After this, the pains redouble, and the womb, by its contracting and repulsive power, breaks these membranes, by the strong impulsion of waters, which then flow away, and presently the head of the child presents itself. If, at this time, the birth should linger, a good dose of Composition tea, taken warm, and often repeated, or No. 2 and 3, or a tea of Raspberry Leaves, made hot with No. 2, will, in like manner, have an admirable effect. Do not attempt to force Nature, nor unnecessarily disturb the woman; for kind

mother Nature would, in most cases, complete the work with a good degree of safety to mother and child, even if abandoned to her own unaided operations. A few warm emolient Clysters, administered in the ordinary way, for evacuating the bowels and relieving those parts, will be of great service. Steaming stones, wet with Vinegar and wrapped in several thicknesses of linen, and applied to the feet, will be of great service. But, above all, avoid all unnecessary pain-exciting drugs, and all unnecessary, officious, manual exertions, for hastening, mechanically, what *Nature* is quite able to perform, if but kindly assisted, with due patience, with a fourth part of the suffering and anguish, and infinitely greater safety to parent and child, than where meddling, officious ignorance thwarts her operations. Doctor Smellie says, he has assisted "in a great number of cases where the membranes, containing the water, have opened the external orifice, and the head has been delivered, before they broke. Indeed, in all natural labors, I wait for this operation." "We should always be exceeding cautious of breaking these membranes, which ought never to be done till we be *certain* the difficulty depends upon this course; and even then, the head of the child should be advanced almost as far as the external orifice."

If, however, labor be lingering, and the child do not still come forward to the birth, and the pains die away, it will be well enough to insist upon the woman to compose herself, and take rest, and allow time for *Nature* to rally *her* force, without compulsion; especially if the presentation be natural, and no extraordinary circumstance forbid delay, this will always be the only proper course. The medicine mentioned may be continued; and if, after from twelve to twenty-four hours, the end be not answered, add half a teaspoon full of Rattlesnake Root to each dose; and use no great hurry to urge on the labor; but make her comfortable, composed and cheerful as possible.

"If the organs of generation remain rigid, and the parts will not relax, [being satisfied that the true labor has fully come,] let clothes, wrung out of hot water, be faithfully applied to the parts, (continuing the hot teas,) and they will relax them. Let women, in this situation,

not betake themselves to bed too soon, nor lie or sit too much; exercise about the room, on the feet, if they be able, will not hurt them, but may be of advantage.

A humane midwife will use every ingenious effort in her power to quiet any useless fears, and sooth and comfort the patient. If there be a crowd of frightened, hysterical women present, assailing the ears of the woman with tales of wo and sad disasters that have attended the labors of others, they should be admonished to give a more agreeable turn to their conversation, or to leave the chamber, altogether.

If any should be called to assist or advise, where another practitioner had been previously employed, they should have a care to avoid extravagant pretensions to superior skill, and never dare attempt to expedite labor, by dosing the patient with pain-exciting drugs or nostrums, and invoking her utmost efforts, or going to work mechanically, or artificially, to dilate the orifice, for the passage of the child, which, with a due degree of patience, might have been born with quarter the suffering, and far less danger to the mother and child; for such projects are very dangerous. Women in labor should be treated with peculiar tenderness, avoiding all unnecessary interference of art, which counteracts the operations of Nature; it often impedes labor; defeating the well-meant, but ill-timed efforts of the practitioner.

Composition tea, drank warm, and often repeated, has an admirably good effect. A little milk or cream may be added, with the sweetening, and it will be much more pleasant. If the *shows* should require attention, or raise the fears of the practitioner or those of the woman, then large doses of No. 2 should be given in molasses or new milk, which will have a salutary effect. These medicines, combined with No. 7, may be liberally administered, as occasion may require. They will never injure. A tea of Witch Hazel and Red Raspberry Leaves, and half a teaspoon full of Black Rattlesnake Root, and as much No. 7, may be given to great advantage, as a regulator of labor pains, without exciting any extraordinary commotion in the system.

If the bowels be costive, it will always be advisable to administer injections, as the readiest method of obviating

the difficulty. Some of the opposing obstruction to the passage of the child will then be removed, and there will be less pressure as it glides down to the birth. Should the patient have a few loose stools, she need not be alarmed; for, after the bowels be evacuated, she will feel much more easy. Injections of Raspberry Leaves or of perfect No. 3, with a very small portion of No. 2 and a dose of No. 7 added, is likewise good in such cases.

Sickness at the stomach, or vomiting, are often signs of a happy issue.

A perfectly natural labor is when the position of the child be such, that the head comes foremost, with the crown or back part inclining towards the share bone, and its face towards the back or spine of the mother; so that, if the woman be placed on her back, the face of the child will be downward, and the back of its head upward, and the crown of its head presenting centrally in the passage.

Labors are also accounted natural when the head presents in a position exactly contrary; that is, with the face upward; or, when the face be inclined to either side. These positions are considered but slight deviations from what is *perfectly natural*, and it is unnecessary to mention it to the patient, lest some unnecessary alarm may be excited, which would only retard the birth. These presentations, even if both arms descend with the head, need not occasion uneasiness, as Nature will accommodate her efforts to suit the occasion. If the birth be not effected with the same ease, it will go forward with equal safety to mother and child.

“In giving manual assistance to a woman in labor, her own choice and convenience may commonly be consulted, in relation to the position in which she should be placed. If any arrangement appear necessary, contrary to her inclinations, such arrangement should be suggested and made with tenderness and caution. The mild art of persuasion will often succeed, where the imperious assumption of authority, and a spirit of coercion, would meet with an unconquerable repulse. Still, it must be confessed, there are some rare occurrences that authorize an entire exception to this general rule. These may require practical ingenuity, as well as obstetrical skill, accompanied with firmness, determined courage, and ingenious, undaunted perseverance.”

Some women prefer lying upon their left side, with their head a little raised, and the lower part of the body near the side or edge of the bed. A pillow, or other soft bulky article, is placed between her knees, which should be drawn up toward the body. This is accounted, by some practitioners, a very eligible posture, provided it please the woman. "The midwife being placed behind the woman, on a seat of suitable height, can, with facility, give all the assistance requisite."

When the child be born, the mother, though greatly relieved, is not yet free from all incumbrances;—the after birth, "and a whole mass of secondines are yet behind." If the child be much exhausted, be not in a hurry to cut the navel cord. The after-birth being kept warm in the body, while there be pulsation in the cord, a communication may be kept up between it and the child. Some have taken the after-birth, when expelled, and laid it upon the child's belly, as a restoring or comforting application. Doctor Thomson brought a child to action and life, that was apparently dead, by laying the after-birth upon hot embers, by which means heat was conveyed to the body of the child, through the natural channel, and supplied it with one more meal, as well as heat and life. Others have put the after-birth in hot wine, and the heat thereby conveyed, was supposed to stimulate the weak or decaying powers of life to more vigorous action. Probably hot water would do as well.

Other means for reviving the child may be used at the same time, with those mentioned. The face may be bathed with Tincture of Camphor; the feet and legs may be bathed with No. 6, a little warmed; the whole body may be bathed in warm water, accompanied with very gentle friction; and, if the case be doubtful, three or four drops of the Third Preparation of No. 1 may be given to it, in half a teaspoon full of breast-milk. The child should be placed in several folds of a warm blanket, spread across the knees of an assistant, to secure it from injury and shield it from cold. During all this time, great care should be taken not to over-stretch or injure the navel cord, lest ye impede the pulsation, or separate it from the after-birth.

When the pulsation in the navel cord ceases, which

may be in ten or fifteen minutes, it may be tied and cut, in the following manner:—Let the midwife take a strand of thick pack-thread, with a single knot on each end, to prevent the folds from entangling, (which should be in readiness beforehand, and also a pair of good sharp scissors,) and tie the thread around the cord, about two inches from the child's body, with a firm double knot; then, passing the ends round on the other side, tie, in like manner, another double knot; then cut off the navel cord one inch from the said knot, leaving, altogether, about three inches of the navel cord to the child's body, and the knot I speak of, on it; which should be so tight that not one drop of blood can ooze out of it; but care must be taken, at the same time, and not tie it too tight, so as to cut the cord with the thread. It is said, some children have lost all their blood, and, consequently, their lives, for want of care in these particulars. Therefore, if any blood squeeze out, a new knot must be immediately tied, with the rest of the string.

The next thing to be done, is to have two or three thicknesses of soft rag, with a round hole cut through the middle, and after greasing about the child's navel, with some soft tallow, place the rags thereon, letting the bit of navel cord run through the hole; then lay over all, another soft rag. In from three to nine days, this bit of cord will become dry and fall off, when it may be thrown into the fire. Always remember, when tying the navel cord, that, if there be twins, it will be necessary to tie it in two places, leaving a space of two or three inches between, and to divide the cord at an equal distance between them. Indeed, it cannot do harm, in any case, and may, in some instances, secure against all bleeding that could arise from the neglect.

The next consideration is, that of the discharge of the after-birth, of which I have, with other things, been speaking. This is a large circular cake, of various sizes, thick in the middle, and thin in the margin. The outside of it is attached to the inner surface of the womb. The navel cord is attached, by one end, to this after-burden, and, by the other, to the child's navel; by which means it is fed and supported in its little world. A woman differs from most animals, which, when they have brought

forth their young, cast forth nothing else but some waters, and the membranes which contained them. But women have an after labor, which has, in some instances, proved as dangerous as the first. Instances have occurred in which the midwife has been obliged to put her hand into the womb to disengage the after-burden from the walls thereof, to which it is sometimes strongly fastened. This practice is nevertheless strongly objected to, by our best Thomsonians, except in cases where other timely means fail. It is, therefore, best to assist Nature, by using such remedies as I have given, to promote the birth of the child; for, rest assured, that what brings away the child, will bring away the after-birth; which should be used with the same patience, the same care and circumspection that was needful then.

The contractions of the womb that have expelled the child, must, in a measure, impel the afterbirth downward. Its descent can be ascertained by the length of the cord appearing out of the body. After the woman has had the necessary medicines, and sufficient rest, if it do not come away of itself, then apply one hand to the abdomen, a little below the navel, where the globular figure of the contracting womb may be perceived, holding, at the same time, the cord in the other; and, if there be no commotion, gently draw, with a rotary motion of the cord; press the hand on the abdomen, moving it downward;—or, an assistant may press gently on her sides, which will excite an action. Much benefit often arises by raising the woman to her feet, or on her knees; in which positions children are often born;—the natural weight of the substance facilitating its descent. The unexperienced practitioner cannot be too often cautioned not to make any violent efforts; because, breaking the cord might be attended with difficult and dangerous consequences.

In cases of twins, each child generally has its after-birth; and, in some of these cases, the after-birth of the first-born comes away before the birth of the second. But sometimes two after-births are so connected that the one cannot come away without the other. In such a case, any efforts to disengage the first from the second, would be improper. Always *satisfy yourselves*, therefore, that

there is *not* another child, before ye make any considerable effort to disengage the secondlines, by gently rubbing the hand over the belly, just above the share bone. If there be no other child, that organ will immediately contract to about the size of a child's head, and be felt just above the share bone. If there be another child, the womb will still be large, and her prominence but partially reduced. "By internal examination, also, through the neck of the womb, the watery sack, formed by the membranes of another child, and the bursting forth of those waters, ensure the existence of another child." The same means are to be employed for the discharge of this child, that were used for the former. If there be no other child, the afterbirth and the lacerated membranes alone will be found internally. "Never fear to wait for the efforts of Nature, aided only by innocent means and processes to disengage the placenta—[after birth.] Many instances have occurred in which it has remained, not only hours, but many days, even fifteen or twenty, and then come away, without either danger or inconvenience to the patient."

Swathing the woman with a towel, napkin, or some kind of broad swathe, round her waist, immediately after delivery, is required. Nothing narrow should be used. "Occasional pressure with the hands on the sides of the abdomen, and gentle pressure, from the stomach downward, will be serviceable, as these means dispose the womb to contract, which is the very point to be obtained."

"The directions we have given, should be minutely observed, as circumstances may require. The Nerve Ointment, or No. 6, may be applied, with a warm hand, over the whole abdominal region; also, along the spine and across the kidneys, and it will produce a happy effect. If necessary, a large Strengthening Plaster may also be applied to the small of her back. The good effects of these applications will make ample remuneration for all the trouble and trifling expense the applications may occasion."

Washing and dressing the infant is a part of the necessary service to be rendered by the midwife, or other careful person. As soon as the face appears, it should be carefully cleared of any mucus or other obstruction that

might otherwise be taken into the lungs, in the act of inspiration, and cause strangulation. Wash it clean in a bucket of tepid water, using a little mild hard soap and a sponge or soft cloth, and wipe it dry with a soft towel. It may again be wrapped up in a warm blanket and allowed to sleep and rest an hour or so before dressing. To wash off the infant, some use the yolk of an egg, instead of soap, thinking it better. "Care should be taken to get the unctuous substance from the joints, arm-pits, groins, &c., and always be rubbed dry with a soft cloth; then a little Sweet Oil, or oil made by melting unsalted butter, rubbed into the groins, arm-pits, and wherever else chafes be likely to occur, will prevent them." The lower part of the body should be washed clean, daily, and at other times, as may be needful. Some use swathing bandages round its body, as recommended for the mother, for some length of time, especially if the parts about its navel appear to be weak and yield too much to the pressure of the bowels. The parts should be often examined, and kept dry and perfectly clean. And it cannot be too strongly urged upon those who have the care of infants, to keep their feet warm, and the clothing loose; but not naked all over the arms and breast, as is too common; nor let them sleep in their day-time flannel. It is always better to lay it on a bed, or in a cradle, than too much upon the nurse's knees, both for its ease and straight growth.

In cases where the child does not breathe directly, various means are recommended to aid the process. That recommended at page 379, will be sufficient, when the after-birth come away immediately. But Doctor Curtis says he attended a case where the child breathed and cried, eat and slept, more than twenty hours before the after-birth was removed.—Some press the nostrils together between the thumb and finger, and, while doing this, inflate its lungs, by blowing therein, with their own mouth. Doctor Blundel recommends the use of a silver tube, which he enters, by the mouth, into the weasand, and then to apply the mouth thereto, and inflate the lungs; then, by a double pressure with both of the hands, on the belly and stomach, expel the air, and again inflate them, &c., till twenty-five or thirty respirations be per-

formed in a minute, by the power of the child, when the instrument may be withdrawn. The throat-pipe is made just like a catheter of a large size, and India Rubber would, doubtless, be far preferable to silver. The doctor further says, he passes the fore-finger of his left hand down upon the root of the tongue, and into the chink of the weasand, and then, with his right hand, slides the tube along the finger, till, reaching the proper aperture, he inserts it the moment when the finger be withdrawn from it; afterward feeling, on the front of the neck, whether the instrument be lying in the windpipe or the gullet. It should be in the windpipe, of course. This done, proceed, as above-directed, till the breathing be restored. Then give it a teaspoon full or two of Catmint or Composition tea, with a little of the Infant Drops, or a few drops of No. 6 therein. If the case appear hopeless, give the Third Preparation of No. 1, (warmed,) in its purity, a few drops at a time, every few minutes, till animation be restored.

If the infant need any thing laxative, give it a little sweet rennet whey, with molasses, in the mouth and by injections. If it appear strangled by slegm, or the like, give it five or six drops of the Second Preparation of No. 1, Cough Drops or Infant Drops, or the like; and repeat it till the child puke freely. Then give it a teaspoon full or two of Catmint tea, with as many *drops* of Infant Drops, added. Never give Castor Oil, or other nauseous drugs, at all.

Put the child to the breast, for a short time, as soon as it can take it, and repeat it, several times in a day, to furnish it with a portion of its mother's milk, in its then glutinous state. This is the proper provision of Nature to nourish the child, and generally will serve both for food and physic. If the mother do not supply milk sufficient for the child, milk, warm from the cow, is doubtless the next best; and, if it cannot be had warm, it must be warmed. It is a little more astringent and not quite so sweet as the breast milk: it is, therefore, proper to add a little molasses or brown sugar, that it may not produce costiveness. Give but five or six teaspoon fulls at a time, at first, and repeat every hour or two, as may be needful; but not so often or abundantly as to cause it to throw it

up again. Some feed them a great deal too much, and that, too, with articles, beside the milk, which is neither necessary nor proper, until they be older and more able to take other light food. Let it lie in a crib or cradle, and have a piece of gauze spread over, to keep flies from worrying it. If it cry, do not take it up and stuff with food, and shake it about, as is commonly done by nurses; but examine whether it be too cold or too warm, or whether pins, or its clothing, may not be giving it pain. If all be well with it, let it be,—never surfeit it.

If the child do not have a natural passage, injections of Slippery Elm and a little Raspberry Leaf tea may be administered, in suitable quantities, as often as needful.

A new-born infant is not in so great a hurry to “eat or take physic,” as many imagine. It may, if vigorous, pass five or six hours without food, without any injury; should, however, the mother not have her milk in that time, it must be fed.

Nursing is another important service in the rearing of children. Nearly one-half of their spoiling is in that. Some useful hints may, therefore, be proper, in this particular: “When, from any cause, the child cannot be entirely supported by the breast, small quantities at a time of milk, or milk and water, should be given it; and it is better that it be drawn from a vial, or little bottle, through an artificial nipple; or, when this cannot be had, a piece of clean linen rag, an inch wide, and long enough to fill the mouth of the bottle, when rolled up closely. It must be unwound and washed in scalding water, once or twice a day.”

After a few months, even if the mother have milk, it is well enough to commence giving it cow's milk, two or three times in a day, to accustom it to derive its support from other sources than the breast. Flour or Oatmeal Gruel, Panado or Bread Toast, Milk Porridge, fine white Corn Mush and Milk, &c., may be given to it, in small quantities, and with regularity and discretion.

The common practice of nursing, rocking, stuffing, carrying and shaking children, to stop their crying, or for putting them to sleep, is extremely injurious to them, and is merely planting new crops of trouble for the parent to reap; and, even worse than these is the practice of

many in drenching their infants with Laudanum, Paragoric, and other stupifying and poisonous doses. If the child be hungry, feed it. If it be full, and cry, ascertain whether the cause may not be a pin in its clothes, cold, or some uncomfortable position, tight bandage, or the like.

Never entrust an infant to an unprudent or bad-tempered nurse; as she will communicate to the child the influence of her evil temper and corrupt example and teachings, which will lead it into erroneous and vicious notions of right and wrong. Let it never be forgotten "that infants begin to observe and to receive deep and lasting impressions from the moment they open their eyes." Yes, truly; and not only in the lap of the nurse or mother, but even before they be born, there is a certain communicative influence, which may act upon the embryo, producing certain developments of body and character, and even form and color of skin, which no succeeding labor can change. If children have to be put in the care of nurses, let it be known that they be, every way, the most suitable that can be procured; that they be free from any disease in the blood—syphilis, tetter, itch, ringworm, &c., which might be communicated to the child. "A [milk] nurse, of vicious passion, even vitiates her milk as well as her example, and renders it not only totally unsuitable to the infant, but positively injurious: Such should always, therefore, be avoided."

After the teeth begin to appear, infants may be fed with more solid food, as thickened soup, mush and milk, and small portions of boiled fowl, or the like; but greasy, strong food, as pork, beef, veal, and whatever is hard to digest, should be scrupulously avoided. A few articles that are plain, light and nourishing, are far the best for children. "They may eat four or five times in a day, if they do not eat too much. Milk and water, and water alone, afterward, should be their only drink." The pulp of ripe, wholesome fruits may be given them; "but an infant should never be permitted to eat the seeds, the core, or the skins of these, or any other fruits." Cherries, grapes, raisins, &c., are very objectionable, on that account: "Being undigestible, they irritate the stomach and bowels, and create serious derangements." "The juice expressed from them, or other similar fruits, is good."

The medicine for children and infants, in sickness, should be the same as for adults, prepared in a mild way, and given in doses regulated by the directions accompanying the same, and by the table regulating the doses, at page 93, which, with the exercise of a good judgment, will be quite sufficient.

The directions, here given, have long been proven to be applicable, not only to natural labors, but, in many cases, apparently the most difficult, under circumstances the most complicated;—and they have always had a salutary effect. The midwife who adheres to Doctor Thomson's instructions, will seldom find herself embarrassed; for, labors that are really difficult, are *not very* frequent; and, even in those that be difficult, Nature will, in most instances, do far better than the premature, hasty, impatient interference of art. If a woman be treated on strictly Thomsonian principles, she will seldom have any thing to fear. It is to be regretted that many capable and excellent women have too little confidence in themselves.—They think there must be some art or mystery in the business; when, in fact, in ordinary labors, all is natural, from first to last; and, even in unnatural presentations, whatever little assistance may be given by art, it is still the power of Nature that can overcome the greatest difficulties, and accomplish, with a safety and certainty that challenges the competition of scientific skill. The midwife who understands Nature's operations in bringing forth children, will not resort to pincers, tongs nor crow-bars, to dig for babies; and the female about to become a mother, with this knowledge and this confidence, will not send for, nor admit into her presence, the young diplomatic, beardless student, merely because he has attended in the dissecting-room, and seen the sexual organs of a dead woman, cut into pieces and systematically disposed of, to learn to deliver a living woman of her pregnancy: neither will she ever send for the pretended scientific accoucher, who comes to get a fat job, by performing with the instruments of murder, such as his *perforating scissors* or *vectis*, his *crotchet*, *blunt-hook* and *forceps*, to cause tremendous lacerations of the womb and vagina, falling or *tearing down* of the womb, uncontinence of the urine, by a lesion in the bladder or urethra, and other dis-

astrous consequences, to the already suffering woman, if not death to herself as well as to the fruit of her womb.

“We hail our great Botanic Sisterhood with feelings of anxiety unexpressible. As a confidential friend, we approach the fair daughters of the great and widely populated country that surrounds us. Our kind sisters will please accept our most cordial salutations. We respectfully solicit the attention of all married women—inviting them to read and understand our little volume, that may now providentially reach their hands. Will you instruct your daughters, imparting to them every useful instruction you may have obtained by our instrumentality? If your daughters be too delicate and modest to receive the instructions of a mother, on these subjects, they should be too delicate and modest to marry and cohabit sexually with their husbands. But, we say, teach them, and teach them faithfully and explicitly, what every son and daughter ought to know, that intends to become a parent. The important information that this volume contains, will enable you, if disposed to serve the cause of humanity, and avoid the mortification of introducing, on trivial occasions, the unexperienced, perhaps *single*, beardless stranger, into the chamber of parturition. Let the daughters of liberty learn to appreciate the blessings we enjoy, civil and religious. Cultivate their minds with a love of virtue and the acquirements essential to their well being. Marriage, on correct principles, is a high and honorable relation: To this we owe the fondly endearing appellations of father, mother, brother, sister, husband, wife, son and daughter.”

“We are sensible that we live in an imperfect [age or] state of existence. All [or most] plans of human wisdom are liable to objections. We are sensible that many midwives, in remote country situations, are impelled, by the strongest impulses of humanity, to turn out and travel many a tedious mile, on obscure and lonely roads, at midnight hours, with men of every cast; sometimes with the very offal and scum of mankind. Such a scene, we are sensible, must be [very] revolting to the delicate feelings of a chaste mind. These trials of modest sensibility might be often avoided by a father, a husband, a brother, or a son, accompanying the midwife on the

read; or by the interference of her friends to despatch a messenger of respectable standing, that the tongue of slander could not find occasion for reproach. When women of pure principles and unrepachable behaviour, be under the necessity of encountering such difficulties, the wise and virtuous, of both sexes, should exercise feelings of commiseration, and protect them against the evil machinations of their enemies. If there should be any, who, like many of the faculty, act solely under the influence of avaricious motives, that no exposure can annoy, while the lucrative harvest of their 'fee and reward' is waving before them, we would willingly rebuke them sharply. If this remark reaches the case of any of our obstetrical sisters, we will only say to the individual,

'Let thy pride pardon what thy nature needs—
The salutary censure of a friend.'"

Hersey's Woman's Friend.

MILK LEG.

Cause.—This is a complaint which has sometimes troubled women after delivery, and is caused by cold and obstructions, or by bad treatment, or by cold, deadening poisons, given by the mineral doctors. I never knew or heard of a case occurring where the woman was attended on true Thomsonian principles.

Symptoms.—Pain and swelling in the hip, groin, or back, and proceeding down only one leg at a time. The swelling is elastic, white, and exquisitely sensible; total inability to move the leg; and giving it great suffering when moved. After some time, the swelling diminishes, and the swelling becomes watery, leaving a pit after pressure; then the same symptoms and effects are felt in the other leg and side of the hip. The milk diminishes in the breast, and finally disappears.

CURE.—To cure or prevent it, give a full course of the medicine; steaming the lower extremities of the body, in a steam box, or otherwise, where the steam can be continued thereat as long as desired, without permitting it to come up to the chest and neck, so as to fatigue or exhaust

the patient, before her feet and legs become sufficiently warmed. Wipe off dry, and use the Vinegar Lotion or the Whiskey Lotion over the legs and feet, in its purity. Give Spiced Bitters frequently, and warm injections as often. Repeat this treatment, if found necessary, and it will soon "run its course," and "be no more."

MONTHLY COURSES.

This is a natural, periodical evacuation, to which all healthy women that are what is called "*regular in their turns,*" are subject. About the age of fourteen years is the common period for the Courses to begin to flow; and about the age of forty-five, it ceases to be with them "*after the manner of women;*" or, they undergo what is termed the "*turn of life.*" As there are great differences among females as to the time of life at which the Courses begin to flow, so there are also great difference as to the period at which they cease. Some begin as early as twelve or thirteen, and it does not cease with some until they arrive at fifty, and upwards. These differences depend upon the physical condition of their own bodies, the climate they inhabit, and other incidental circumstances.

The retention or obstruction of the Courses beyond the period at which they would have flowed, had the girl been in good health, is accompanied with various indications of functional derangement and ill health. Among these symptoms may be mentioned a sickly, yellow complexion, wan countenance, dyspepsy, flatulency, weakness, unactivity, and an inclination to eat undigestible substances, that are not natural for persons in health to have any desire after: as clay, lime, chalk, brick-bats, bark of trees, &c.. This is what is called *Green Sickness*.

A lazy, indolent disposition is very hurtful to girls, especially at the commencement of this period. Regular exercise and temperance in every thing, is of the greatest importance to girls. Sudden heats and colds, wets and damps, thin clothing, tight lacing, &c., have, at this critical period, ruined the health of many a blooming and otherwise healthy girl, who have scarcely enjoyed a day of good health in her lifetime, afterward.

After a young girl arrive at that period when the courses usually begin to flow, and they do not appear, but, on the contrary, her health and spirits begin to decline, she should lose no time in going through a Short Course of medicine at least once or twice in a week, and follow up, between the Short Courses, with the Long Course, and use for bitters the Fourth Preparation of No. 4, or Ladies' Bitters, and common injections, daily, till health be completely restored. In all bad or obstinate cases, use the Full Courses of medicine, in place of the Short one.

Obstructed Courses are to be relieved in the same manner, using therewith our Tonic Powders, or *emmenagogue bitters*.

The period of life at which the courses cease, is likewise a very critical one to women. The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often destroy life. Women who survive this period, without contracting any chronic disease, or suffering their health to be injured, often become more healthy and hardy than they were before, and often enjoy strength and vigor to a great age. If her Courses cease, all of a sudden, let her take a few Full or Short Courses of medicine, as may be required, with plenty of exercise in a wholesome air, and drink a tea of any of the preparations of No. 4, as may best suit the state of her body. But should this period of life be indicated by frequent and excessive floodings, let her not omit the Full Courses, with a full and constant supply of No. 2, 3, and hot No. 4, and frequently to drink of a strong tea of Yarrow, or this with other of the medicines. A tea of Raspberry Leaves, Witch Hazel Leaves, and Yarrow, with a portion of Slippery Elm mucilage, and a little fine No. 2 added, may frequently be injected into the vagina. Pursue this course of treatment until an equilibrium be restored, and the blood be no longer forced, by the collapse of the vessels in one part, to those of another. This plan is to be pursued in all cases of flooding, without regard to time, age or circumstances. Even if it take place before childbirth, or at any other time, no fears need be apprehended of the consequences of this treatment.

MUMPS.

Cause.—Contagion is the cause of this complaint. It is more particularly incident to children than adults; yet grown persons are not always free from its attacks, unless they have had it already. It attacks a person but once.

SYMPTOMS.—It makes its appearance with chills, succeeded by a moderate fever, which is followed with a stiffness in the neck and swelling about the angle of the lower jaw. In a short time, the swelling increases considerably, and then gradually commences swelling at the other side, the same way, and often affects the whole front of the neck. Sometimes one side only is affected, but generally both. It is accompanied with a slight difficulty of swallowing. These symptoms increase from three to six days, when the swelling begins to abate; and sometimes the testicles in men, and the breasts in women, become affected, in a similar manner, which, with proper care and treatment, (and avoiding cold,) gradually disappear, without much inconvenience; but, if cold be contracted, it may become a very serious or mortal malady.

CURE.—Slight attacks may be cured by going through a Short Course of medicine, daily, and drinking freely a strong tea of No. 2, 3, and 4, made a little laxative, all mixed together, and a teaspoon full or two of No. 6 added to each dose, and frequently gargling with the same, with some Tincture, or tea of Arsesmart added. Bathe the neck and throat frequently with Vinegar Lotion and the Tincture of Arsesmart, or the Third Preparation of No. 1, and afterwards with Nerve Ointment. Take injections, two or three times a day, during the whole treatment, and keep the patient comfortably warm, (though not excluded from fresh air.) If this treatment do not give speedy relief, then poultice the swelling with Arsesmart, Lobelia, Big Camomile, Burdock Root or Seed, Ginger, Slippery Elm and Cracker, all made fine, and stewed in a decoction of No. 3 in Vinegar, and applied warm. Change the poultice every six or eight hours. When the poultice be off, wash the part in warm water and soap, and steam the swelling in the fumes of vinegar, by pouring the same on a hot brick or stone, under a blanket; and then put the

patient through a Full Course of medicine, daily, not omitting the first-mentioned treatment, and his Mumps will soon be lost sight of, or turn out to be "a small affair."

NIGHT-MARE.

Causes.—Any thing which stops the pump of life from performing its operations, and pumping the blood from about the heart and sending it thence through the arteries and into the veins. Hence it settles about the vitals, while the patient sleeps; or, otherwise, the patient loses that due degree of heat and action in the stomach, which would otherwise keep the machinery in good moving order. It may, therefore, be induced by a morbid stomach and bad digestion; by over-eating, especially late in the evening; undigestible food; fear; fright; melancholy; violent passion; intemperance, or excess of any kind; long-continued exposure and hardships, &c..

SYMPTOMS.—Terrifying dreams, in which the patient feels as though there were a great weight upon his breast or body, which he by no means can get off. He groans, and sometimes cries out, and often attempts to speak, but in vain. Sometimes he imagines himself engaged with an enemy, and in danger of being killed or overcome. Sometimes he fancies himself in the midst of fire, water, precipices, or other dangerous situations.

CURE.—When any persons, who are afflicted with this weakness, be heard groaning, they should be awakened, or spoken to by those who hear them. It will generally go off, then, for that time; but, for a cure, let the patient observe regularity in eating, and especially at night; either eat early or else make light suppers. Let the food be of a light, wholesome quality.

Whenever any one finds himself troubled frequently with any of the above symptoms, he should immediately take a few warm, stimulating injections, and an emetic, and follow up, for a few days, with a tea of the Hot Spiced No. 4, or No. 4 Syrup, or Wine Bitters. A Short Course of medicine, occasionally, and followed up with a Long one, will be sufficient, in most cases. In bad or old cases, the Full Courses, followed by the Long one,

must be used, with a plenty of Hot Bitters, until the digestive powers be completely restored. A dose of Hot No. 4, or a dose of Cayenne or No. 2, and Nerve Powder, taken before going to bed, will prevent it. Bathing the breast and stomach with Lotion or Liniment is also good.

PALATE DOWN.

CURE.—Take Spear-Mint and Rue, Coriander Seed and Nettle Root, equal quantities, and as much No. 3 as all of them together; make a strong tea thereof; to every ounce of the tea add two or three teaspoons full of No. 6, and gargle therewith, every hour, till the palate return to its place.

PALSY.

Causes.—Whatever prevents the regular exertion of the nervous power upon any particular muscle or part of the body. The predisposing causes are various, as drunkenness; wounds in the brain, or spinal marrow; pressure upon the brain or nerves; very cold or damp air; excessive bodily exertion in the cold, or in the heat; suppression of customary evacuations; use of tea, coffee, strong fatty diets, &c.; poisonous fumes of metals or minerals, as mercury, lead, arsenic, &c.; over exertion, &c..

SYMPTOMS.—Palsy may attack different parts of the body, and produce symptoms accordingly. It often strikes one side of the patient, depriving that half of sensibility and motion, from the crown of the head to the sole of the foot; or the attack may be more partial, or more general through the body. A palsy of the heart, lungs, or any part necessary to life, is mortal. If it affects the stomach, intestines, or bladder, it is dangerous. When the part affected feels cold, or wastes away, or the judgment begin to fail, it is a bad symptom.

CURE.—The most energetic treatment should be resorted to, without delay; the Full Courses, administered in the very best manner, with powerful, hot bitter tonics, with nerve medicines, after the internal canal be evacuated; and bathe and rub well in, frequently, the most

powerful stimulating lotions and liniments, accompanied with friction with warm flannels or a warm hand or brush. Let the diet be light and nourishing, and give the patient occasional doses of Vinegar Lotion or Pepper Sauce. Let the patient wear flannels next to the skin, and use constant, but moderate exercise, and beware of cold, damp, or moist air or houses.

PILES.

Causes.—This is often brought on by ill health and other weaknesses; strains; costiveness; purges; sitting on damp seats; hard riding, &c..

SYMPTOMS.—The symptoms vary according to the severity of case; being in all cases a complaint in the anus, or lower bowels, and, consequently, below the reach of medicine, taken in the ordinary way. They may be known by a small swelling or tumor on the verge of the anus; pungent bearing down pain when going to stool; falling out of the fundament and intestines; or, if the fundament be somewhat protruded by costive or hardened excrement, and so remain, it soon swells, inflames and becomes very sore, and will turn purple, ripen and burst, and run bloody matter.

CURE.—In this case, give the No. 3, or common Clysters, with Slippery Elm mucilage, till the bowels be evacuated; then apply a poultice of Slippery Elm, Ginger and Cracker, stewed in a strong tea of No. 3. Before applying the poultice, a small quantity of strong No. 3 tea and a little Slippery Elm mucilage might be injected and retained in the bowels. If the bowels fall out, they must be carefully replaced, while the patient rests upon his knees and elbows; then inject a strong tea of Witch Hazel, or No. 3. The patient should, at all times, avoid putting to his strength by way of discharging the contents of the bowels; as that tends greatly to strain and weaken the lower bowels.

Steaming and the Full Courses of medicine, with a free use of No. 3 and 4, both as drink and injections, are, with the above treatment, our main reliance. A little Thomsonian Healing Salve, stewed in a little No. 3, and strain-

ed, would form a very valuable pile ointment to use while going through the treatment for a cure, and to apply at night when going to bed, as a preventive. Melted tallow, sweet, or neat's foot oil, will serve as a substitute, for the same purpose.

PLEURISY.

Causes.—Cold, or whatever obstructs the perspiration; taking too much cold drink, when the body be heated; sleeping out of doors, or on the ground; stopping any usual evacuation; striking in of any eruption; violent exercise, or blows, &c., upon the breast.

SYMPTOMS.—It comes on with an inflammation of the membrane called the *pleura*, which lines the inside of the breast. It is distinguished into the moist and dry. In the moist, the patient spits freely; but, in the dry, very little, or none at all. These, if not speedily cured, may bring in the consumption. There is, likewise, a *spurious* or *bastard Pleurisy*, in which the pain is more external, affecting the muscles between the ribs. It generally begins with chilliness and shivering, which is followed by heat, thirst and restlessness; violent prickling pain in the side, as among the ribs; sometimes round towards the breast; sometimes near the back bone, shoulder blades, &c.. The pain is generally most violent when the patient draws in his breath.

CURE.—When any of the above symptoms first appear, one or two Short Courses of medicine, effectually administered, and bathing the part affected with No. 6, a few times, will generally affect a cure. In bad or neglected cases, use the Full Courses, and the Poultice, &c., &c., as directed for Consumption, till cured.

POISON.

Having spoken of poisons, generally, at page 240 to 245, I shall not detain the reader long about the subject, in this place. But, as every person ought, in some measure, to be acquainted with the nature and cure of poisons, on account that they may be taken unawares, and health

or life destroyed, I cannot pass the subject by without something further, for the benefit of all who may unhappily take poison, either internally or externally.

Whenever any poison be taken into the stomach, by mistake, or otherwise, let any of the liquid preparations of No. 1, (the Third Preparation is the best,) be given quickly as practicable, and repeat the dose, until ye be certain that it be all ejected by copious vomitings, which should be aided by large draughts of a strong tea of Witch Hazel, or No. 3. When ye be certain that the poison be all ejected by vomitings, then commence a course of injections of the same medicines in the bowels; and while this be doing, let the patient take several doses of Slippery Elm mucilage, with some Bitter Root or Butternut Syrup or other laxative, and as much of No. 1 as can be taken without sickening, all in a strong tea of the inside bark or the leaves of Witch Hazel. Continue the above treatment till all symptoms of the poison be gone. If the poison be Corrosive Sublimate, the patient may take half a teaspoon full of Pot or Pearl Ash, dissolved in a teacup of warm water, before or after taking the Third Preparation of No. 1, to render the poison more unactive, till it be ejected. For all external poisons, bathe frequently, through the day, with the Third Preparation of No. 1 and Witch Hazel, above directed, and take several doses inwardly, at the same time, and the symptoms will soon abate.

PALPITATION OF THE HEART.

Causes.—Hardships; Cold or morbid matter, &c., causing obstructions, to the free circulation of the blood in the veins and extremities, and “contracting the vessels and forcing too great a proportion of the blood to the heart, the pressure of which in its cavities distend it too much, and keeps it so till it looses much of its contractile power;” excessive evacuations; affections of the mind, &c.

Symptoms.—The sensation experienced in this complaint is what its name indicates—an excessive dilatation and beating of the heart. I heard a lady who had been troubled with this complaint, say, that she could

liken it to nothing but that of her heart hanging by a *single slender string*, and swinging about like the clapper in a bell. It is a kind of convulsive or spasmodic motion, brought into action as above stated. This beating, even against the walls of the chest has in some instances been so great, as to shake the bed clothes. Other symptoms, such as cold spots, &c., appear.

CURE.—Give the full Courses, with Nerve Powder or drops, and Antispasmodics, and No. 4 and Clyster, to cleanse and tone the system. “Warm and expand the extremities, by confining the steam-blanket round the waist; and promote the circulation in them by rubbing on them Vinegar Lotion, [or the second preparation of No. 2,] and the pressure to the heart will be removed, the muscular power will be restored, and the beating against the chest will cease.”

QUINSY.

Causes.—It comes on from the same causes that many other inflammatory disorders do; as going abroad in the cold, damp night air, especially after taking hot drinks, &c.; sitting with damp feet; singing or speaking aloud and long, may strain the throat and bring on the inflammation; travelling against cold, northerly or damp winds, may cool the throat too much and bring it on.

SYMPTOMS.—Inflammation and swelling in the throat and parts adjacent, which gives great pain when swallowing; sometimes the swelling hinders swallowing and speaking altogether. Pulse quick and hard, with other symptoms of fever. The food or liquid attempted to be swallowed, is often thrown back into the nose. The patient is sometimes starved at last, merely because he cannot swallow. While the patient can breathe easy, the danger is not so great as when it becomes difficult; for then the danger is great.

CURE.—Make a strong tea of No. 2, 3 and 4; add thereto some No. 6, and drink frequently of it warm, and gargle with the same, perseveringly; bathe the outside with the sour tincture of No. 1, or with Vinegar Lotion and 3rd preparation of No. 1, to relax the part,

and reduce the inflammation; then add same 3rd preparation to some of the above tea, and take repeated doses. In all other respects, treat it, as directed for the cure of the mumps.

RELAX.

Causes.—Want of a good digestion, “or loss of the powers of the gall, which becomes thick, in consequence of cold, or loss of inward heat, when the stomach will be sour.”

SYMPTOMS.—See Acidities, Gripes, &c., page 271; Appetite lost, page 274.

CURE.—Give No. 2, which will thin the gall; then take a Short Course of medicine, and repeat it, following up between with No. 3, 4, 6 and 7, till the digestion be completely restored.

RHEUMATISM.

Causes.—Cold, thickening the fluids of the part affected, and obstructing the natural circulation, which causes pain and swelling; Mercury, nitre, opium, and other poisonous drugs, will also increase the difficulty, and in many cases, is the primary cause of it. Heavy, poisonous minerals, when they become disseminated through the system, in the small vessels, remaining therein, like the heavy sands and minerals in the bottom of the water courses. Obstructed perspiration, which may be occasioned at all times of the year, by too sudden changes from heat to cold; by wearing wet clothes; by lying in damp rooms, or damp linen; exposure to the cool air after great, bodily exercise, &c..

SYMPTOMS.—Those who be much affected with Rheumatism, especially those who have taken any of the Calomel Doctor's poisons, are very apt to be sensible of approaching wet weather, by experiencing an increase of their pains, wandering about them at that period. The flesh often grows cold, and remains so where the pain is seated. In some cases the pains are movable or flying, and increase when there be the least motion: at length they become fixed in the joints,

which become affected with swelling and inflammation.

Acute Rheumatism usually begins with lassitude, inflammation, thirst restlessness, hard pulse; and soon after excruciating pains in different parts of the body, particularly in the joints, wrists, knees, shoulders, ankles and hips; sometimes moving about, leaving a redness and swelling, and tender to the touch.

Chronic Rheumatism has similar pains, but more confined to particular parts, with the cold sensation above described.

CURE.—A cure may be easily effected, if timely and properly attended to. Common cases may be cured in a few weeks with the regular Courses of medicine, repeated every two or three days, or oftener, if found necessary, and taking No. 6 in all of the medicines, and bathing often and effectually with the same or with the 3rd preparation of No. 1, or the Rheumatic Liniment. If the inflammation, swelling and pain be great, take White Pond Lilly, and boil it in water and a little Vinegar; thicken it with fine corn meal, making it into the consistency of a poultice, and bind it on warm. Change this poultice every four or six hours. Continue this with plenty of No. 3, hot No. 4, and injections, between the Courses. The poultice may be stewed in a strong decoction of Wild Chamomile.—In obstinate or chronic cases, give full Courses often, and bathe with Vinegar Lotion and 3rd Preparation No. 1, or No. 6; and if necessary, poultice with a strong decoction of Wild Chamomile in Vinegar Lotion thickened with equal parts of No. 2, No. 6 drops, and Burdock Seed, or similar articles, pulverized. Every time the poultice be renewed, bathe the part well, as above directed; or, with No. 6, in which has been steeped some Burdock Seed, and Gum Camphor—with a little Spirits of Turpentine and Sweet Oil added; or, with the best Rheumatic Liniment; and persevere till the applications become uncomfortable and the patient well; not omitting warming clysters, with No. 6 therein: and afterward take a Long Course, to restore the digestion.

RICKETS.

Causes.—Bad food, or unregular diet; bad nursing; a diseased nurse, or want in the supply of milk to nourish the child; any disorder, not being properly and fully removed, as the small-pox, measles, whooping cough, &c., diseased parents; mothers of weak, relaxed habit, who neglect exercise and live upon weak watery diet; fathers begetting children in the decline of life, who are subject to any chronic diseases.—Children begotten of such parents, cannot be expected to be healthy. They generally die of Rickets, Scrofula, consumption, and other like diseases.

SYMPTOMS.—General weakness and deathly appearance; large head; protruded breast; flattened ribs; big belly; emaciated limbs with great debility. It usually makes its first appearance between the periods of nine months and two years, seldom appearing sooner than the former, or showing itself the first time, after the latter period.

CURE.—Give a Short Course of Medicine every day or two, and Composition tea, No. 4, or No. 5, Infant Drops, &c., daily, with wholesome nourishing food; and keep the bowels in good order by the daily use of Injections, till health and strength be completely restored.

RUPTURE.

Causes.—Lifting heavy weights; Sprains; Jumping; Falling; hurts; wrestling and other violent exertions.

SYMPTOMS.—The Rupture here treated of, is a breach in the tough film or membrane that supports the bowels in their place; so that the intestines come down, forming a great lump, and causes pain. If down long, they are apt to swell and be hard to get back, and often become inflamed and exceeding painful. The places in which these swellings or ruptures make their appearance, are about the groin, naval, privates, or at any point of the anterior part of the abdomen.

CURE.—To get them back, the swelling must be removed, by the regular course of medicine, injections and the applications, recommended for Inflammation,

at page 363, &c.. If the bowels protrude much, or do not return directly, place the patient on the back, or in such a situation as that the rupture shall be uppermost, and continue the above treatment and suitable applications till they do. After it returns, it should be kept up by a suitable bandage or truss; and the patient kept as quiet and easy as possible, so that the rupture may heal again. Bathe the part often with the No. 3 and 6, Compound, and take of these two articles freely, in the inward doses, while performing the cure.

SCALD HEAD.

Causes.—Diseased state of the blood and humors—often being as it were the dregs of some other complaint, as itch, or the like; obstructed humors, canker, and putrefaction. It is contagious and may affect whole families, especially the children.

SYMPTOMS.—It is characterized by small ulcers at the root of the hairs of the head, which produce a friable white crust. Often also, dry friable scabby blotches will appear, which being removed, there will be found beneath them, an ichorous, cankerous humor, which often when bad, destroys the hair, and is also attended with a scalding, itchy sensation.

CURE.—Carry the patient through a full Course of medicine and repeat it often, as in cases of Cancers, Ulcers and Canker sores; wash the head with soap suds, then with Vinegar Lotion, or the Sour Tincture of No. 1; then with the No. 3 and 6 Compound. Draw over the head a thick silk cap or a bladder to shield it from the cold air, to make it sweat as much as possible, and dissolve the dry scabs. When going through the Course, sweat the head well, and bathe, as above directed, and anoint it with Nerve Ointment or Tetter Ointment, and apply the cap, as before. Follow up, between the courses with No. 2, 3 and 4, with No. 6 therein. For a common drink, make use of a tea of the Herpetic Powders, page 52. The Tetter Lotion is also useful in this complaint.—Persevere.

SCIATIC.

This is from the Latin *ischiatricus*.—Belonging to the *ischium*, the hip (or loin,) because it is near the loin. The disease is called *Sciatica*, and is nothing more nor less than rheumatism in the hips.—See Rheumatism, for the cure.

SCROFULA, OR, KINGS EVIL.

Causes.—Whatever tends to relax the solids, paves the way to scrofulous diseases; as bad, unwholesome or watery diet; continuing long wet, or in wet situations; a scrofulous nurse; remains of other similar diseases, not having been completely removed, or augmented by the use of poisons, instead of medicine; injuries, as blows, bruises, &c., diseased parents; venereal taint, &c..

SYMPTOMS.—There are different species of this disease; as the *common scrofula*, which is external and permanent. It consists in hard indolent tumors about the glands, in various parts of the body; particularly the neck; behind or below the ears, joints of the elbows or ankles, or those of the fingers and toes, and under the chin. After a time these tumors suppurate and turn into ulcers, from which, instead of pus, a white curdled matter, somewhat resembling curdled milk, is discharged. The attacks of these diseases seem to be much affected or influenced by the season of the year; usually making their appearance in the winter or spring, and often disappear, or greatly mend, in summer and autumn. The common or external scrofula, commonly makes its first appearance in small oval, or spherical tumors under the skin, without pain or discoloration. After a length of time the tumors acquire a purple or livid color, and being much inflamed they suppurate, and break into little holes, oozing out the curdled matter. At this stage of the complaint the patient will be uncommoded by deep-seated pain, which will be increased by the slightest motion. The acrimonious matter corrodes the ligaments and cartillages, and rots the neighboring bones. White swellings belong to this class of disease.

Another particular species of scrofula, is, that which is internal, and is attended with loss of appetite, pale

countenances, swelling of the belly, and unusual stinking excrements. It often affects the lungs, liver, &c.. The first appearance of the scrofula is usually between the third and seventh year of a child's age; yet it may arise at any period, between this and the age of puberty; after which it seldom makes its first attack.

CURE.—Full Courses with injections; the tumors must be made suppurate and all the sores must be poulticed till they be well.—See the treatment for Cancers, Scald head, Rickets, Fistula, Canker Sores, Carbuncles, &c., the cures for which, furnish ample remedies and directions for the management of *scrofula*. Let the patient avoid purges, and make constant use in a tea, of Burdock, Wild Lettuce, Pipsissaway, Golden Seal, Meadow-Fern, Sweet Fern, &c., made strong with No. 2 and 6; or else use in place thereof, a tea of Anti-Scorbutic Powders, and persevere till a thorough cure be effected, whether the time be long or short.

SCURVEY.

Causes.—One of the most prominent causes of this loathsome malady, is the eating of poison, and especially that of saltpeter, which is put on meat, under a pretense of curing it, which it does not do.—See poisons, page 244. It may also proceed from any unwholesome food or from the suppression of customary evacuations; confined air; want of exercise; neglect of cleanliness; hereditary taint, &c..

SYMPTOMS.—Rotten gums, which are apt to bleed after slight hurts; a stinking breath; frequent bleeding at the nose; crackling of the joints; difficulty of walking; sometimes swelling; at others, falling away of the legs on which, as the disease advances, there will come livid, yellow, or violet-colored spots; the face generally of a pale or leaden color. As the disease continues to advance, there will be discharges of blood from the gums, and different parts of the body, succeeded by foul obstinate and painful ulcers, and dry scabby eruptions all over the body; when a wasting fever, dysentary,

dropsy, palsy, fits or a mortification may come to close the scene.

CURE.—The same Course of treatment must be pursued as recommended for scrofula, with the addition of No. 1, to every prescription, and a liberal use of No. 2, 3 and 6. Use as a gargle, and a wash, the No. 3 and 6 Compound. Let the patient take to a milk and vegetable diet, and pursue a plan directly opposite to that which brought on the complaint, which with the above treatment cannot fail in curing, with proper perseverance.

SNUFFLES.

Causes.—Cold, obstructions, and inflammation in the membranes and glands of the nose.

SYMPTOMS.—Hard and laborious breathing through the nose; the parts becoming tender and sore; the edges of the eye-lids frequently exhibit a livid purple streak; in bad cases the neck and throat become partly swelled and somewhat sore, resembling a kind of quinsy, more or less dangerous, and requiring to be immediately arrested.

CURE.—In common, slight cases, anoint the nose and behind the ears, down the spine and the soles of the feet a few times with Garlic Ointment, or Nerve Ointment, and give Composition tea as a drink for a few days. A little Head-ach Snuff applied to the nose will assist in giving relief.

In all worse cases, give injections and emetics, with the above treatment, till cured.

SICK HEAD-ACH.

Causes.—Coldness; morbid stomach; want of digestion; acidities, &c.

SYMPTOMS, to be described would be no news, to any who have ever experienced this sickness.

CURE.—This difficulty is cured in some instances by a few, and in others, by numerous Courses, and a thorough tonic treatment. See directions for Head-ach, Acidities, Agues, Cholics, Dyspepsy, &c.. Often, a short Course will cure a recent attack; and by following up with a long one, will prevent future attacks.

SICK STOMACH.

Causes.—In addition to all of the causes for *sick-head ach*, may be added, *poisons* or any other improper thing taken into the stomach; worms existing therein, or in the intestines near the stomach, &c..

SYMPTOMS.—The greatest aversion to food; a sensation inclining to vomit; disgusted ideas at the sight of various objects, especially food; loss of appetite, debility, &c..

CURE.—Take a dose of No. 1, 2 and 3 together; then take small doses of Composition, Spearmint, Peppermint, Vinegar Lotion, or Peppersauce. Mint and Mustard Seed bruised together and simmered in spirits with a little flour added, forming a poultice and applied to the stomach, with the above anti-emetics, often relieve or arrest the most obstinate cases of nausea and vomiting. The bitter Nerve Drops are valuable, especially where there be any thing like faintness.

SORE BREAST.

Cause.—Cold obstructing the glands of the breast, which occasions inflammation and swelling; and sometimes bad festered sores are the consequence.

CURE.—When any uneasiness or swelling begin to take place, drink freely of Composition tea, and take several warming clysters; then bathe the breasts well with Vinegar Lotion or Pepper Sauce, and afterwards repeatedly with No. 6. Foot-bathing at the sametime would be very useful. If the woman be sick, she must go through a regular or a short Course of medicine, as occasion may require, together with the above applications, and it will remove the complaint and restore her to health in a very short time.

SORE NIPPLES.

CURE.—Wash frequently with a strong tea of No. 3 with a little No. 6 dropped therein, or with the No. 3 and 6 Compound; then, when dry, anoint them with

Nerve Ointment, Lip-Salve, or Healing Salve. Wipe it off only, *without washing*, when the child goes to suck, and it will prevent *it* from getting a sore mouth. The same treatment, or a tea of No. 3 alone, will cure the sores of the neck and behind the ears of infants, with which they are often troubled.

SPRAINS.

Cause.—A sudden and forcible distention or extension of the ligaments of a joint, without dislocation.

Symptoms.—Great pain, often attended with swelling, and a deprivation of the use and strength of the part.

CURE.—Slight sprains may be cured by bathing frequently with No. 6, and wearing flannel to keep out the cold, and rubbing on occasionally a little Nerve Ointment. Bad sprains are very injurious, being considered worse than some instances of broken bones; great care will therefore be necessary to avoid taking cold, which will not only render it very painful, but will render the cure far more difficult and protracted. In such cases it will be necessary to go through a full Course of the medicine, occasionally, and follow up with No. 2, 3 and 4. At the same time using the above mentioned applications perseveringly. After the pains be all assuaged, bathe the part often with the No. 3 and 6 Compound and Nerve Ointment till cured. Sprains may often be helped by the application of a Strengthening Plaster, and avoiding exertion of the part. Let it have perfect ease, till well enough to be again used.

STRICTURE OF THE URETHRA,

AND STRANGURY.

A Stricture is a diminution, or contracted state of some tube, or duct, of the body; as the throat, intestines, urethra, vaginna, &c..

Causes.—Cold; weakness; by the thickening of the urethra, or part, by chronic inflammation; a contraction

of the muscles surrounding the urethra; neglected or mismanaged gonorrhœa; accidents and hurts will also give rise to this complaint.

SYMPTOMS.—A contracted and rigid state of the urethra, which may be either organic or spasmodick; the discharge of a considerable quantity of mucus from the urethra; Strangury or stoppage of the urine; pain, &c..

CURE.—Full Courses with effectual steamings, followed up with No. 2, 3 and 4. As the disease is local, local in part must be the practice; therefore the part affected ought to be well steamed at every Course, which should be repeated every two or three days at the farthest. Use the foot bath often. In this complaint I would recommend the bath, medicated, with vinegar, and aromatic and bitter herbs. Apply a warm Poultice to the part, composed of No. 1, Slippery Elm, Arsesmart, Cracker and a little of No. 2, all in powder, stewed in the Sour Tincture of No. 1. If the urine be quite stopped use a Gum-elastic Bougie or catheter,* to evacuate the bladder; then inject therein often, a strong tea of No. 1 powder, with a few drops of No. 6, or Tincture of Myrrh added; put a jug or bottle of hot water to the part, and keep up the regular warmth; drink regularly of the Diuretic tea, or drops, and No. 4 bitters, with No. 7 therein. If the patient be in great pain, place a blanket round the waist, and steam the region that is diseased, from the feet up; or bathe the feet in warm water, with some potash or ley in it. In bad cases, in addition to the above treatment, wash out the urethra, by occasionally injecting therein warm milk and water, a tea of Red Raspberry leaves, or No. 3 strained, and tepid, when used. Inject gradually, but with some force into the urethra, which will dilate the stricture, and free the urethra from the thick mucus, which is always an additional obstruction.—Persevere.

* *Directions for passing the catheter.*—Take the penis of the patient, near its head between the thumb and fingers of the left hand, and with the right hand, introduce the point of the instrument, into the urethra, (keep-

ing the back or convex side, towards the knees,) and thus, push the catheter down the urinary passage, endeavoring at the same time, to draw up the penis on it. When it be first introduced, the handle will of course be near the belly of the patient, and as it descend, will verge farther from it, until it enter the bladder, which will be known by the sudden flow of urine. If ye cannot succeed while the patient lie upon his back, he may stand up. If ye still fail, place the patient again on his back, and when the catheter be as far down as it will go, without force, introduce a finger, well oiled into the fundament, and endeavor to press its point upwards, at the same time, press it forward with the other hand. Force is never on any account to be used. Vary the positions, as ye please; let the patient try it himself, for it is by humoring the instrument, and not by violence, that the operation will succeed:

Directions for passing the bougies.—Take hold of the penis as directed above, and pass the point of the instrument (which should be well oiled,) down the urethra, as directed for the catheter; when it has entered three or four inches, depress the penis a little, and by humoring the bougie with one hand, and the penis with the other, endeavor to pass it as far as may be wished. The patient himself will frequently succeed, when every one else fails.

ST. VITIS' DANCE.

Causes.—Various irritations, as teething, worms, Costiveness, poisons, general weakness; violent affections of the mind, fear, anger, sympathy at seeing the disease in others, &c.. It being a sort of paralytick affection, it may arise from exposure and cold; sprains; any thing which relaxes the muscles and disables them from performing their natural functions.

SYMPTOMS.—It is chiefly incident to young persons, between the ages of ten and fifteen, seldom occurring after that of puberty. It sometimes comes on with yawning, stretching, palpitations about the heart, nausea, difficulty of swallowing, noise in the ears, giddiness, pains

in the head, &c.; then come on the convulsive motions. These show themselves at first by a kind of lameness, or unstability of one of the legs, which the patient draws after him in an odd ridiculous manner; nor can he hold the arm of the same side still for a moment; for if he lay it any where, it will be forced quickly from thence by an involuntary motion. If he put a cup to his mouth to drink, it will be forced by his convulsive or palsied motion, in various directions. At length he gets it to his mouth and pours it down in haste, as if he meant thus to amuse the beholders.

CURE.—Give full Courses, with No. 7 in all of the medicines;—give injections composed of No. 1, 2, 3, and 7, daily, from the first, adding Slippery Elm to make them soothing to the bowels. The emetics might be taken of the 3rd preparation of No. 1, in a tea of No. 3 and 4. The limbs and parts affected should be bathed daily, with the 3rd preparation, and then with Nerve Ointment or Nerve Tincture. Let the patient take such food as is easy of digestion and the most nourishing; and in every particular let the usage and habits be the reverse from that which brought it on, and a cure will be certain.

TEETHING.

Some childrens' teeth cut through the gums without any apparent difficulty; while, with others, the time of teething is a period of much pain and difficulty. Some have their whole frames thrown into disorder; the mouth discharges a copious flow of watery fluid; they become irritable and evince signs of pain; the gums become hot, itchy and swelled; feverish heat, a laxative state of the bowels, and sometimes convulsions supervene.

CURE.—When the gums swell and the skin be drawn tight over the top of the tooth, the mouth should be held open with the thumb and finger of the left hand, while with a sharp gum-lancet, or penknife ye cut down to the tooth, in the direction that the edge of the tooth will rise. Then, whatever form of disease be in the system, should be treated as prescribed under the heads of such com-

plaints respectively, omitting nothing that is recommended, on account of the tender age of the child.

TETTER RINGWORM, SHINGLES.

Causes.—These troublesome symptoms of disease are of the same class with the ulcers, scald-head, itch, &c.; and consequently, are brought on by similar causes, and are alike contagious.

SYMPTOMS.—Broad itchy spots of a reddish or white color, breaking out in different places, which are apt to run together. After a time they become covered with little scales, which fall off, and leave the surface red or ulcerated, itching very much. The tetter generally attacks the face or hands and fingers; The Ringworms are small spots in the face, neck, arms, &c.; The Shingles on the body, and if not checked may spread all round the body.

CURE.—Full Courses, as for the Cancers, Scald head, bad cases of itch, scrofulo, &c.; and anoint the part affected with the Tetter Ointment or Lotion, daily, after having first washed with soap-suds, and the Sour Tincture of No. 1. Keep the part affected free from sudden heats and colds; and take daily for a common drink, a tea of the Anti-scorbutic Powders, or as many doses of the Tetter Lotion. Let the above treatment be followed up faithfully; and let the diet be of the most pure, as oat-meal, milk, whey, buttermilk, &c., cooked in any manner desired, and persevere till all appearances of the complaint be gone, whether that be long or short.

THRUSH, OR SORE MOUTH.

Causes.—Sudden heats and colds; bad milk, &c..

SYMPTOMS.—This belongs to the eruptive fever complaints; but the eruptions, instead of being outward, are exhibited internally. Children, and infants are very subject to it. It often appears in small white eruptions upon the tongue, gums, and around the mouth and palate, resembling small particles of curdled milk. When

the disease be mild, it will be confined to these parts; but when violent, and of long standing, those small particles ulcerate, and extend their effects through the whole course of the alimentary canal, from the mouth to the anus; and, excite severe purgings, pains, and other disagreeable symptoms.

CURE.—When recent and confined to the mouth, it is easily cured, by giving as a drink, plenty of Composition tea, and washing its mouth with a strong tea of No. 3, and injections of the same. In bad cases, begin with the above treatment, then give an emetic, and promote sweating by vapour or otherwise, giving a plenty of No. 3, 5, 6 and 7, and prevent chills, and persevere with injections, till cured.

TOOTH ACHE.

Causes.—Decayed teeth and cold settled in tooth, jaw or system.

CURE.—See Tooth-ache Drops, page 42, and follow the directions there laid down, then use the Tooth Powder, as directed.

TONGUE TIED.

Causes.—The cutaneous or membraneous fold, directly under the tongue, called "*the bridle*," and which connects the tongue to the cavity, between the jaws, is, sometimes in infancy, so short as to prevent the child from sucking properly;—it is then called *tongue-tied*.

CURE.—The cutting of the string, is the remedy. It is a simple and easy operation. Take a pair of fine, sharp-pointed scissors in the right hand; lift up the tongue with the fingers of the left hand, and carefully cut the little web in the center.—Avoid cutting so deep as to touch the blood vessel, and the work is done; then put a little No. 3 tea in its mouth, a few times.

This process, will cure lisping in children.

THIRST.

Causes.—Obstructions of the salival glands; salt food, excessive perspiration, &c..

CURE.—Take a few doses of No. 2, and it will prick the glands and cause the saliva to flow freely, then a few doses of Composition, or hot No. 4.

TUMORS.

Causes.—Cold; Canker; Bruises; hurts and other obstructions.

SYMPTOMS.—A morbid Swelling in any vessel or gland or deep in the flesh.

CURE.—See Abscesses, page 267, Cancers, page 294; Canker Sores, page 301; and inflammation, page 363.

VENEREAL.

“The disease called by this name is more common in Seaports than in the country, because there is more illicit intercourse of the sexes than in other places. It is a high state of canker and putrefaction, which takes hold of the glands of those parts that be first affected with it; and if not checked, the whole system will become diseased with the Venereal taint. It is more common among seafaring men, because, when they have been long absent on the sea, and come again on shore, they give free scope to their passions, without being very particular about the manner of the indulgence.—It originates probably with those common women, who have connection with many different men, and going beyond the impulse of nature, this impure connection causes uncleanness, which produces the disease; and when seated is contagious.

The reason why this disease causes so much fright and alarm, is owing to two causes; the first is, the disgrace attached to the dishonesty in getting it; and the other is, the manner in which it has generally been treated, giving mercury to cure it: the remedy becomes worse than the disease. To say that this disease cannot be cured by other means than mercury, is an error; for I have cured a number of cases by very simple means. The first symptom felt, is a scalding sensation and pain when voiding the urine; and within twenty-four hours after this

be experienced, it may be cured by applying cold water and making use of No. 6; and where there be much soreness, the No. 3 and 6 Compound, which must be taken inwardly as well as applied to the parts. If the disease be of long standing, and the whole system be affected, the patient must be carried through a Course of the medicine. Where there has been mercury made use of, and there is all of the attendant consequences of such treatment, it is much more difficult to effect a cure; and is only done by a full Course of medicine, and repeating it a number times; raising the heat by steam each time, as high as they can bear, to throw out the mercury and remove the canker, at the same time applying the poultice; then giving the bitters to correct the bile.

I had a case of a woman who was brought to me on a bed, fifteen miles. She was in a very putrid state, and as bad as she could be, with all the consequences that are caused by being filled with mercury. Different doctors had attended her eleven months, and she had been constantly growing worse. She had been kept ignorant of her disease, till a few days before she was brought to me, on account of her husband. I carried her through five Courses of medicine in two weeks, and applied a poultice of white bread and ginger, made with a tea of No. 3. This completely broke up the disorder, and by giving medicine to correct the bile and restore the digestion, she was cured and returned home in three weeks after coming to me. By taking things to restore her strength, she has enjoyed good health, ever since.

Another woman was cured in the same manner, who had been in this way six years, and unable to do any business. I attended her three weeks, when she was restored to health and returned home. In less than a year after, she had two children at a birth, and has enjoyed good health to this day.

This disease is produced by other means than what have been described. It may be taken in with the breath, by being much exposed in attending on those who are in a very putrid stage of the complaint; or it may be communicated to parts where the skin is broken, and in many other ways; when they will have many of the

symptoms, the same as when taken in the common way. Children will sometimes be effected with the venereal taint, whose parents have had the disease. A disease similar in appearance, with much the same symptoms, may be brought on by over-exertion and being exposed to the cold. I once had a case of a young married man, who, by spraining himself at loading mill logs, and being exposed to wet and cold, caused a weakness in the back and loins, and he had what is called a gleet, and an inflammation, with all the symptoms, common in venereal. His wife became affected in the same manner, and they continued in this situation three months, when I was called to attend them; and by making use of proper applications to strengthen the loins, and medicine to remove the canker, I was able to cure both, in a short time. The man had all the symptoms that appear in the venereal, except hard bunches in the groins, called buboes. These I am satisfied, are caused by mercury; for I never knew any to have them, except they had taken mercury. Syringing with mercury and sugar of lead, dries the glands, and stops the discharge; the putrid matter then instead of going off, collects in the groin, and forms hard tumors, which remain a long time, and have to be brought to a head, to let off the putrid matter. Bunches of a similar kind often come in different parts of the body, caused by mercury."

S. THOMSON.

The above is the substance of the treatment recommended by Doctor Thomson for this dreadful disease. Here we see that he treats it precisely like other like canker diseases. It belongs to the same class of canker disease with scrofula, &c., and hence the treatment varies but little, from that recommended for scrofula, cancers, and other ichorous or poisonous canker sores. Steam, puke and give injections often; and wherever necessary poultice with Slippery Elm, Ginger, White Pond Lilly Root, Lobelia or No. 1 powder, Arsesmart and Cracker, all fine, and stewed in a strong tea of No. 3. Change the poultice two or three times a day, till all the poison virus be gone and the part healed. Also

for a drink, use often through the day the same as is recommended in the cure of scrofula, cancers, &c., and a cure can be effected in a very short time.

VERTIGO.

Causes.—Flegm in the stomach and bowels; any thing which causes apoplexy, see page 273.

SYMPTOMS.—Exactly the same which precede apoplexy, the SYMPTOMS of which see; page 273.

CURE.—The same as for apoplexy, if the case be bad or of long standing. Slight cases may be cured by a Short Course, and repeated occasionally, and well followed up with No. 2, 4 and 7.

WATER BRASH.

Causes.—Cold, obstructing the salival glands, near the mouth, suddenly; this is often brought about by running out of warm apartments into the cold wind, &c..

SYMPTOMS.—This appears to be a kind of spasmodick eructation or flow of water from the stomach by the salival glands, brought on, as it were instantaneously, without any symptoms of fever, and independent of any other disease, or any affection whatever in any other part of the body; it is often known to be coming in, by a sort of burning pain in the stomach; the breath almost stopped at the same time, like suffication or strangulation; a flow of tears from the eyes, and presently the watery, insipid fluid bursts from the salival gland into the mouth, which gradually gives relief.

CURE.—When this comes on the patient should not attempt to draw in breath too soon; but should strive to promote the eructations of saliva, as fast as possible, by ejecting spittle, as fast as it can be collected in the mouth from the glands, until the breath can be taken in, with safety. A half a teaspoonful of the 3rd preparation of No. 1, Antispasmodic Tincture, or Sweet Nerve Drops, should be given as quickly as possible, and the neck and throat bathed outside with the same, whenever the *symp-*

toms appear; the patient should at the same time, observe the above directions. If this do not give relief in two or three minutes, repeat the dose, in its purity, and the bathing until it do; then as soon as the patient can swallow freely, give one teaspoonful of the same, in a dose of Bitter Nerve Drops, or No. 4, or Composition tea. If none of the above medicines be at hand, give the Second Preparation of No. 1, with the 2nd Preparation of No. 2, equal quantities, in teaspoonful doses. When the patient recover, he should go through a *short*, or *full* Course of medicine, and it will prevent it from returning.

W E N S .

Causes.—These excressences are caused by hurts and other cutaneous obstructions, as warts and tumors; sometimes they run in families as a hereditary affection, &c..

SYMPTOMS.—These are a kind of excressences or tumors, resembling something in appearance, between a wart and a cancer tumor; generally making their appearance on the head, neck, shoulder, back, &c..

CURE.—Take *caustic pot-ash*, or a caustic extract from ley as directed in page 299, and apply, till it suppurate; then apply a poultice of White Pond Lilly Root, Slippery Elm, Ginger, a little No. 1, and pounded Cracker, stewed in a strong tea of No. 3, until it entirely discharge. Give full courses of the medicine every day or two, with the above, till cured.

W H I T E S W E L L I N G .

White Swelling in this country, is a common and exceedingly terrible disease. The varieties of white swelling are numerous, and might obtain several particular appellations, were that necessary. Systematic writers have generally been content with distinguishing them by the two following divisions, namely: the *rheumatic* and *scrofulous*.

Causes.—*Rheumatick* White Swelling is caused by exposure to damp or cold, &c.. *Scrofulous* White Swel-

lings appear to be more generally under the influence of a particular kind of constitution, termed a *scrofulous* habit. In this sort of temperament, numerous causes capable of exciting inflammation, or any morbid and irritable state of a large joint, may bring such disorder, as may end in the severe disease, of which I am now speaking.

SYMPTOMS.—The knee, ankle, wrist and elbow, are the joints most subject to this dreadful malady. The color of the skin is not altered by this disease. In some instances, the swelling yields to a certain degree of pressure; but it never pits; and is almost sufficiently firm to cause an uninformed examiner to believe that the bones contribute to the tumor.—The pain is sometimes vehement from the first; in other instances, there is very little pain in the beginning of the disease. In most cases of scrofulous white swellings, in the knee, it is more particularly situated in one part of the joint, namely; either in the center thereof, or the head of the largest leg bone. At the commencement there is very little or no swelling. The swelling at first fills up the little hollows of the joints, and gradually spreads all over the affected joint. The patient, unable to bear weight on the affected joint, gets in the habit of touching the ground with his toes, only. The knee then soon loses the capacity of becoming straight. The joint, in time, swells to a vast size, and yet retain the color, but looks smooth and shining with an appearance of blue veins through it; while the limb declines, both above and below the diseased joint. At length as the distemper advances, ulcerated abscesses open here and there, and sometimes heal up again; and are often followed by others, which pursue the same course. In some cases these abscesses, appear in a few months, and in others, no suppuration takes place for several years. In such cases the patient's health becomes impaired and he loses both his appetite, and natural rest and sleep; pulse small and frequent; nocturnal sweats and looseness of the bowels ensue; and finally death comes to relieve the sufferer, unless the constitution be relieved in time.

CURE.—This terrible disease, though seldom cured

by the calomel faculty, can be speedily cured by the Thomsonian practice, if taken in time, is a fact now too well known to admit of a contradiction; and that there have been numerous cases already cured of the most desperate kind, is also a fact, too well authenticated to admit of a doubt. The treatment in this complaint, must, in every case, be accompanied with the full and most thorough Courses of medicine, and various applications to the part affected, accordingly as the symptoms may seem to indicate. If it resemble a cancer tumor, treat it in a similar manner, and steam the swelling every night; then bathe with strong Vinegar Lotion, Pepper Sauce or 3rd Preparation of No. 1, and apply a poultice made of a table spoonful of Composition Powder, or do. of No. 1 Powder, one do. of No. 2, one do. of salt, one do. of Arsesmart, one do. of Slippery Elm, one do. of Bitter-sweet, one do. of Burdock Seed, and stew in Vinegar Lotion, Whiskey Lotion, or a strong tea or Tincture of Wild Camomile. Many other things may be added to the above, or to a part of them, or alone as necessity may seem to require; such as the dregs of No. 6; dregs of the 3rd Preparation of No. 1, Peppersauce; Spikenard Root, &c.. If the part be very numb and dead-like, the above stimulating poultice and plasters will do much towards restoring them. Some bad white-swellings have been cured by applying a plaster of the No. 6 dregs every night after steaming it, together with full Courses, frequently repeated. In all cases, the patient must be well fed with No. 2, 3, 4, 7 and 8; at the same time, must make a constant use of the syringe. And by taking daily a few drinks of the Anti scorbutic tea or something of that nature, as recommended for cancers, scald-head, &c., it will accelerate a cure. If the white-swelling be broke, then a poultice of strong No. 3 tea, Lilly Root, Elm Ginger, &c.. may be varied to suit the case, as for ulcers, canker sores, &c., and continued, till entirely well.—Keep all greasy salves away, unless it be something like rheumatic Liniment or Nerve Ointment.—Persevere, and a cure will be certain.

WORMS.

There are various kinds of vermin which have been known to infest the human body. The most common of these, are chiefly of three kinds, namely: the *tapeworm*; the round *long-worm*; and the round *short-worm*.

The tape-worm is white and flat, resembling a kind of tape or ribband; from which, no doubt it takes its name. It is generally bred in the intestines; but is said to inhabit the stomach also. These flat monsters are about one third of an inch wide, and appear in joints of about half an inch long, all joined together; but they are easily broken assunder and will make so many separate worms, capable of increasing in magnitude; and while one joint remains, there is a tape-worm. They often come away in pieces, of many yards long.

The round long-worms, inhabit both the bowels and stomach, and have been known to crawl up into the mouths and nostrils of those afflicted with them. When full grown, they are about a foot long.

The round short-worms, commonly lodge in the lower portion of the large intestines, and occasion a disagreeable itching in the fundament. They are of a clearer white than the other described vermin, about as thick as a pin's point, and from a fourth to a third of an inch long. This species of worm has been known to increase in numbers of many thousands in a patient at one time.

Causes.—Worms are bred and supported in the cold flegm that collects in the stomach and bowels, which is their natural element; and the more flegm there be in the patient, the more there will be of the worms. Children are more liable to worms than adults; because they are more lax of body and habit; and often cause the growth of the flegm by eating unripe fruit and other crudities. Some say worms are hereditary in some children; insomuch that children of the same family have been seen to be afflicted with worms of a particular kind: and that they may be owing in some instances to the *nurse*, when those nursed by another, have none. But Doctor Thomson sayeth that "they who are in health are never troubled with worms."

SYMPTOMS.—Variable appetite; stinking breath; acrid

evacuations; slimy stools; and pains in the stomach and bowels; grinding the teeth during sleep; itching and picking of the nose, paleness of the countenance; sometimes dizziness; hardness and fullness of the belly, with occasional griping pains therein; particularly about the naval; itching in and about the fundament; short dry cough; a falling away of the body; slow fever, with irregular pulse, and sometimes convulsive fits; often a sleepy sensation, but restless while asleep, and waking out of it in a fright, with outcries, &c..

CURE.—“In cases of this kind, the only thing necessary to be done, is to cleanse the stomach, by getting rid of the cold flegm, and restoring the digestive powers; then there will be no difficulty with worms.” In all cases of what are called worm complaints, give repeated doses of Composition or No. 2, and injections to warm the stomach and bowels; bathe the feet in warm water, and with stimulating lotion; give No. 3 every night and morning, to remove the slimy mucus from the stomach and bowels, and No. 4 several times through the day to correct the bile: then Butter-nut syrup, Laxative No. 4, Worm Powders or Worm Syrup, or all of these, as the patient may choose. In all Bad cases, the patient should be put through a full Course of the medicine, as directed at page 129; and if any nervous symptoms appear give Nerve Powder or Drops; and if there be any danger of mortification in the bowels or even pain, give injections often of No. 3, with No. 6 therein, and also in the drinks.

The above treatment will be found to be amply sufficient in all cases of worms, and other-like complaints where the symptoms be similar, and will also be found to be the best mode of preventing their re-occurrence.



A GLOSSARY,

OR SHORT DICTIONARY OF SOME ENGLISH MEDICAL TERMS,
AND ALSO MANY ANTIQUATED WORDS AND UNINTEL-
LIGIBLE JORGAN OF THE SCHOOLS.

Abdomen, The belly.

Abortion, Premature expulsion of a child from the womb.

Absorbents, Small vessels that take up nourishment, or fluids from the various cavities, and carry it the blood, &c..

Abscess, A tumor, containing matter.

Absorption, The taking up of fluids, by any absorbent.

Æsophagus, The windpipe.

Abstract, To draw away.

Accoucher, A midwife.

Achilles-tendo, The strong tendor of the heel.

Acia, A surgical needle with a thread in it.

Acitometer, An instrument for estimating the strength of vinegar,

Acid, That which gives a sharp, sour sensation.

Acrid, Pungency joined with heat.

Acrimony, Corosive sharpness.

Acute, Violent, speedy, painful.

Action, Operation or exertion.

Adult, Of mature age, full grown.

Adust, Dry, warm.

Affusion, To pour upon, as water or liquor on herbs, or on the patient, &c..

After-birth, See midwifery, page 579, a soft, flat and

roundish, fleshy substance that connects the child to the womb, and by which the circulation is carried on, between the mother and child.

Agglutinous, Adhesive.

Agglutitio, Difficulty in swallowing.

Agrippa, Born feet foremost; as was Agrippa the Roman.

Albumen, Coagulable lymph, as the white of an egg.

Aliment, Food.

Alkohol, Highly rectified spirits, extracted from wine, brandy, gin, &c..

Alkali, The vegetable salt, potash.

Alterative, That which changes from a diseased to a healthy state.

Alvine, Relating to the belly or intestines.

Amenorrhœa, Obstructions of the monthly courses.

Amnios, or Amnion, The soft membrane that surrounds the child in the womb.

Amputation, The cutting off of a limb.

Anatomy, The dissection and exposure of the various parts of animal or vegetable bodies.

Animalculæ, Minute insects, invisible to the naked eye.

Anodyne, A medicine which eases pain.

Antispasmodic, Whatever tends to prevent spasms.

Antidote, A medicine which expels poison.

Anti-acid, That which destroys acidity.

Anthelmintic, That which expels worms.

Anti-emetic, That which removes nausea.

Anti-septic, Against putrefaction.

Anus, The fundament.

Aorta, The great artery which arises from the left ventricle of the heart.

Aperient, Opening and gently purgative.

Aphthea, Small white ulcers appearing in the mouth.

Aphtha, Thrush or sore mouth.

Areola, A small brown circle surrounding the nipple.

Artery, A membranous pulsating vessel through which the blood passes from the heart; by means of which the blood is sent to every part of the body.

Aromatic, Spicy fragrant.

Astringent, Binding, contracting.

Astriction, Tightening or lessening.

Atmosphere, The surrounding air.

Atrahilarian, One marked by a dark complexion, black hair, &c.

Attraction, A tendency in bodies to unite.

Auricles, The deaf-ears of the heart.

Awry, Unevenly,

Axiliary glands, Glands situated in the armpits.

Babuzicarius, To mumble.

Bagnio, A bathing or sweating house.

Balbuties; (From *balbel* Heb.,) To stammer.

Balsams, Strong scented gummy tincture.

Balneum, A Bath,

Balneum Arenæ, A sand bath for chemical purposes.

Balneum Medicatum, A medicated bath.

Balneum Scicum, Dry bath of ashes, sand, &c..

Belch, To eject wind from the stomach, by the mouth.

Barometer, An instrument to determine the weight of air.

Barren, Unfruitful, steril.

Basis, The base; the main part, or support of any thing.

Bastard, Not full or distinct: a term often used in medicine and botany.

Bath, A receptacle of water for bathing in.

Bathe, To be immersed in the bath.

Bile, The gall, a bitter fluid secreted in the glandular substance of the liver.

Botany, The science of plants.

Bougie, A long slender, hollow instrument to introduce through the urethra, into the bladder, commonly made of elastic gum.

Bronchia, The tube leading from the windpipe into each side of the lungs.

Bronchos, The windpipe: A catarrh, &c..

Bronchotomy, Cutting the windpipe.

Bubo, A venereal swelling in the groin.

Bulb, A round body, or root.

Bursa, A bag. The scrotum.

Cachexia, A diseased habit of the body.

Cacochymia, A diseased state of the humors of the body.

Cantharides, Spanish flies for blisters.

Cancer, A tumor with roots resembling crabs claws;—as cancer, in the Latin, signifies a crab.

Canker, Viciated corrosive humors.

- Calipre, An instrument to measure the dimension of the pelvis or basin of the body.
- Caloric, The chemical name of heat.
- Calculi, Gravel and stones.
- Caly, The flower-cup, or husk of a flower.
- Calliber, Capacity, size.
- Callossity, Hardness.
- Capillaries, Very small blood-vessels.
- Caries, A rottenness of the bones.
- Carbon, The inflammable part of charcoal.
- Cartillage, A gristle.
- Carminative, Expelling wind.
- Cataplasma or Cataplasm, A poultice.
- Catheter, A gumelastic tube to draw off the urine.
- Catharticks, Physick, purging downward.
- Cathartic, Purging the intestines.
- Catamenia, The mensis or Monthly courses.
- Cathedra, The buttocks and parts on which we sit.
- Catholicon, A universal medicine.
- Cathidrysis, The setting of a broken bone.
- Catomismus, The reduction of a dislocated shoulder.
- Caustic, A burning or corrosive application.
- Canglomerate, A compound gland.
- Castrate, To amputate or remove the testicles from the body.
- Causus, A highly ardent fever.
- Cava, or Cavus, The name of a vein.
- Cellular, Composed of cells.
- Centrum, The center of a circle.
- Cephalea, The flesh of the head which covers the skull.
- Cephale, The head.
- Cephalic, Pertaining to the head.
- Cervex Uteri, The neck of the womb.
- Cera, Bees wax.
- Cerate, A composition of wax, oil or lard, with or without other ingredients.
- Cerea, Ear wax.
- Chancre, A venereal cancer.
- Chamelean, An animal that changes his color at will.
- Chela, A forked probe, for drawing a polypus out of the nose.
- Chemistry, The art of separating bodies by fire.

- Chilblain, Painful inflammatory swelling in the frost-bitten extremities.
- Chlorosis, The green sickness.
- Chorion, The external membrane that surrounds the amnion.
- Chrupsia, A disease in the eyes, in which the patient sees objects of a different color from what they are.
- Chronic, Of long standing, slow, in opposition to acute.
- Chyle, The milk-like fluid from which blood is formed.
- Chyme, The soft mass of food, that passes from the stomach into the first portion of the small intestines; from which the chyle is prepared, by the admixture of the bile.
- Chalybeate, Any thing combined or impregnated with iron or steel. Any mineral water that abounds with iron.
- Cicatrice or Cicatrix, A scar left by a wound.
- Circulation, Motion of the blood.
- Circumcision, Cutting off the prepuce, or foreskin.
- Coagulum, Clotted blood, or other thickened fluids.
- Coagulate, To curdle.
- Coition, Sexual copulation, for procreation.
- Colon, The large intestine.
- Coma, Drowsiness, stupor.
- Comatose, Sleepy.
- Constipation, Costiveness.
- Congestion, Compression of fluids in parts of the body.
- Contusion, A bruise.
- Conglobate Gland, A simple gland.
- Contagion, Infectious matter.
- Contagious, Matter that is infectious.
- Constriction, Contraction; drawing together.
- Convalescence, Returning to health.
- Convalescent, Better in health.
- Convulsion, Spasms, or actions of muscular fibers, known by alternate relaxations, with violent and involuntary contractions.
- Corrosive, That which eats away by degrees.
- Costive, Bound or clogged in the bowels.
- Craniotomy, The art of opening the skull and extracting the brains of an unborn child, &c..
- Cranium, The skull.

- Crisis**, The point at which a disease changes to the better or kills.
- Critical**, Important, uncertain.
- Crotchets**, A curved, sharp steel hook to extract the child, at birth.
- Curd**, Thickened cheese-like substance; as that which separates from whey in milk.
- Curdle**, To turn to curd.
- Cutis**, or } The skin.
- Cuticle**, }
- Cutaneous**, Of or belonging to the skin.
- Debility**, Weakness. [fluid.
- Decoction**, Any medicine made by boiling, in watery
- Defluxion**, The flowing down of humors.
- Delerious**, Light-headed.
- Delirium**, Light headedness.
- Deliver**, To cast forth; to disburden a woman of a child.
- Deliquia**, Fluids suddenly reduced from solids.
- Demulcent**, Sheathing or lubricating.
- Dentifrice**, A tooth powder or wash.
- Dentition**, Beeding or coming of the teeth.
- Deobstruent**, Correcting the secretions, or removing obstructions.
- Depilatory**, Any application which removes the hair from any part of the body; as a pitch plaster, &c..
- Detergent**, Cleansing; to absorb or wipe away the humors that obstruct the vessels.
- Divarication**, The crossing of any two things; as muscles or fibers intersect each.
- Diaphragm**, The great membranous muscle separating the cavity of the chest from the belly; the midriff.
- Diaphoretic**, Producing unsensible perspiration.
- Diarrhea**, A purging; flux.
- Diastole**, The dilatation of the ventricles of the heart.
- Diagnostic**, Deciding the disease by symptoms.
- Diæta**, Diet; food.
- Diet**, Food or drink for the sick.
- Diffasible**, Flowing in all directions.
- Digest**, To concoct by the stomach; also an infusion of medicinal substance in liquor.
- Diluent**, To thin; wash away; or increase the proportion of fluid in the blood.

Discutient, Repelling or dissolving tumors, or any coagulated, morbid matter.

Disease, Any alteration from a perfect state of health.

Dislocote, To put out of joint.

Dispensary, The shop in which medicines are prepared: also, an institution to supply the poor with medicine and advice.

Dispensatory, A book that treats of the composition of medicines.

Distortion, A twisting or bending a bone or muscle awry.

Dissection, Cutting to pieces an animal or vegetable.

Dissolvent, That which dissolves or melts any thing.

Diuretic, Increasing the discharge of urine.

Diverticulum, When any part be out of place, or malformed.

Drastic, Purges that are violent or harsh in their operation.

Ductus, A canal or duct,

Duct, A tube or vessel to convey fluids from one part of the body to another.

Duodenum, The first portion of the small intestines.

Dyspepsia or Dyspepsy, Difficulty of digestion.

Dyspœna, Difficult respiration.

Ebullition, Boiling.

Eccorprotic, Gently laxative.

Efflorescence, In *pathology*, a morbid redness of the skin; in *botany*, the blooming of flowers.

Effluvia, Exhallations from decomposing bodies.

Effusion, The escape of any fluid out of the vessel or organ containing it.

Elastic, Springy; having the power of returning to its proper form, after being forced to deviate.

Elasticity, A springy force in bodies by which they restore themselves, when displaced.

Elaterium, Having purgative qualities, to stimulate or agitate.

Electricity, A property which certain bodies possess when rubbed, heated or otherwise excited, whereby they attract remote bodies, and frequently emit sparks or streams of light.

Electuary, Medical ingredients mixed with honey.

Element, A simple body or substance.

Elixir, Compound tinctures.

Emasculatus, Having the testicles in the belly, and not in the scrotum.

Embryotomy, The act of butchering and cutting away a child by pieces, instead of a natural birth. See page 370.

Embrocation, A medical lotion, or wash.

Embryo, The young, unfinished in the womb; or the germ of a plant.

Emaciation, Making lean; falling away.

Emasculation, Castration; effeminacy.

Emetic, That causes vomiting.

Emesis, Vomiting.

Emmenagogue, That causes menstruation.

Emolient, Softening, relaxing.

Empyema, A collection of purulent matter in the cavity of the throat or breast.

Empiric, One who practices the healing art upon experience, not theory. This is the true meaning of empiric; but it is now applied, to venders of nostrums, who sound their own praise in the public papers.

Emporium, A mart: The brain.

Empytaema, Causing suppuration.

Empyicemuatr, Smelling as it were burnt; as empyreumatic oils, &c..

Emunctory, The excretory ducts of the body.

Enamel, The hard, white vitreous or natural surface of the teeth.

Enema, An injection.

Enterocoele, An intestinal rupture or hernia.

Epidemic, A disease generally infectious.

Epileptic, Suddenly falling.

Epistaxis, Bleeding at the nose, with pain and fullness of the head.

Erratic, Wandering.

Eruclation, Belching wind from the stomach.

Esculent, Good for food.

Escharotic, Caustic; a caustic, corrosive.

Exacerbation, An increase of the violence or symptoms of a disease.

Exanthematic, Producing cutaneous eruptions.

Excrement, The alvine stools; dung.

Excite, To stir up, or impress the solids, so as to alter their action, and thus accordingly produce health or disease.

Excrescence, A preternatural formation of flesh.

Exhalents, The pores.

Exhibit, To offer; use; propose; administer; show.

Expectorant, Promoting a discharge of mucus from the lungs.

Expiration, Thrusting the breath out of the lungs.

Expuition, A discharge by spitting.

Expulsion, The act of expelling or driving out.

Extract, The product of an aqueous decoction; also, to draw away any extraneous substance, or matter.

Extractor, An instrument with which any thing is extracted as teeth, &c..

Extraction, Taking extraneous substances out of the body.

Extravasation, Fluids out of their proper vessels or receptacles.

Facial, Belonging to the face.

Facies, The face.

Faculty, The power or ability by which any action is performed.

Fæx, **Fœces**, **Excrements**.

Fallopian Tubes, The tubes belonging to the womb; the small fleshy canals or vessels that arise at each side of the upper part of the womb,

Fames, Hunger.

Farina, The mealy part of grain, seed, &c..

Fauces, The cavity behind the tongue.

Favosus, Resembling a honey comb.

Febris, A fever.

Febrile, Consisting of or proceeding from fever.

Feces, or **fœces**, **Excrements**; sediment; lees.

Filter, To strain any liquor.

Fimbriated, Fringed.

Fissure, A notch, or long, narrow external cavity.

Flatulent, Windy, painful.

Flood, Flow, flux, catamenia.

Fluid, Liquid of any kind.

Fluor Albus, The whites leucorhea.

Flacid, Weak, limber, not stiff.

Fœtus, A child before the proper period for its birth.

- Fomentation**, A partial bathing by applying hot flannel flannels dipped in medical decoctions; or any other warm, moist applications.
- Fon tanelles**, The spaces in the child, where seams of the skull unite or cross each other, below the crown and on the top of the head.
- Foreskin**, The prepuce.
- Forceps**, Pincers for clasping the head of the child and forcing delivery:—Anti-Thomsonian.
- Foreceps**, Various kinds of pincers for extracting, extraneous substances, as teeth, splinters, thorns, &c..
- Frænulum**, A cutaneous fold, or bridle, under the tongue.
- Frænum**, The membranous fold, or bridle, that connects the prepuce to the inferior part of the glans penis.
- Fracture**, A broken bone.
- Fragilis**, or **Fragile**, Brittle.
- Frontal**, Before the head, the forehead.
- Friction**, Rubbing the surface of bodies, with any substance.
- Fumus**, or **Fume**, Smoke, vapor.
- Fumigation**, The application of fumes, to drive away or neutralize contagious or loathsome miasms.
- Funis**, The naval cord.
- Fungi**, or **Fungus**, Proud flesh.
- Function**, The office that any part of the animal body is intended to perform.
- Funis Umbilicalis**, The naval cord.
- Gall Bladder**, The membranous bag, attached to the liver, that contains the bile.
- Ganglion**, A knot in a nerve.
- Gangrene**, Eating away, or mortification of the flesh.
- Gargarisma**, A gargle or wash for the mouth and throat.
- Gas**, Any air except the atmosphere; an elastic fluid.
- Gastric**, Belonging to the stomach.
- Gastro**, Having connection with the stomach.
- Gelatin**, or **gellatin**, Gellatinous, Animal jelly.
- Geld**, To castrate.
- Generation**, A family, race, the act of begetting or producing.
- Genitals**, Parts belonging to generation.
- Genus**, A class of being.
- Gestation**, Time of pregnancy.

- Gonorrhœa, A morbid flux from the urethra, in males. Females are also liable to the same complaint in some forms;—several species.
- Giddy, Having whirling or dizzy sensations in the head.
- Glacies, Ice.
- Gland, An organic part of the body, composed of blood-vessels, nerves, and absorbents.
- Glans-Penis, The head or apex of the penis.
- Gleet, A thin slimy mucus, or ichorous discharge by the urethra, in men, resembling the Whites, in women.
- Gummata, or Gunghia, Venereal excressences.
- Gummi, Vegetable gum.
- Gravid, Pregnant.
- Gymnastic, Athletick exercise.
- H**æmatology, The doctrine of the blood.
- Hæmorrhagia, Ahæmorrhage, or flow of the blood.
- Hæmorrhoids, The piles.
- Hæmorrhage, Discharge of blood.
- Habilitation, Fitness; appropriateness, adaptation.
- Hallucinato, An erroneous imagination.
- Halo, The red circle around the nipple.
- Hare-lip, A longitudinal fissure or division of a lip. Many children have been born with this kind of malformation: it is so called, on account of the imagined resemblance to the upper lip of a hare.
- Hectic Fever, A slow consuming fever.
- Herpes, The tetter; ringworm.
- Herpetic, Curing diseases of the skin.
- Hydated, Unanimalized substance formed like a bladder, and distended with an aqueous fluid.
- Hydrogen, The base of *inflammable* air: A substance not perceptible to our sensations in a separate state; but its existence is not at all less certain. With oxygen it produces water.
- Hydrometer, An instrument to measure fluids.
- Hydropica, Good in cases of dropsy.
- Hereditary, A disease that is transferred from parents to the children.
- Hermaphrodite, Partaking of both sexes.
- Hygeia, The goddess of health.
- Hygrometer, An instrument to measure the degrees of moisture in the atmosphere.

- Hygroscopic, Absorbing moisture from the atmosphere.
 Hymen, The god of marriage; a thin membrane at the entrance of the vagina; the test of virginity.
 Hypnobates, One who walks in his sleep.
 Hypochondria, A disease in men answering to hysterics in women.
 Hypochondriacism, Low spirits.
 Hypochondriac viscera, The liver, spleen, &c..
 Hysterica, or hysterics, Diseases of the womb, attended by languor and debility, melancholy, and often characterized by spasmodic affections of the nervous system.
 Ichthyocolle, Isinglass, Fish glue.
 Ichor, A thin watery humor in sores.
 Ideology, The doctrine or study of the understanding.
 Immolation, Sacrifice.
 Imposthuma, or Imposthume, An abscess.
 Impregnation, Conception, generation.
 Index, To point out, the discoverer, the fore-finger.
 Infection, Inoculation, spreading.
 Infusion, Water of any temperature, poured on, or into any substance to digest: The liquor thus obtained is called an *infusion*.
 Inflammation, A surcharge of blood, characterized by heat, redness and pain.
 Inhumate, To bury; to bury in warm medicated earth, &c..
 Ingluvis, Gluttony.
 Ingesta, Food.
 Injection, Clyster, Enema, A medicated or dietetick, liquid, to throw into a natural or preternatural cavity of the body by means of a syringe.
 Inoculation, The insertion of poison, or any foreign substance into any part of the body.
 Insania, Insanity; deranged intellect.
 Inspiration, Drawing breath into the lungs.
 Inspissate, To thicken a fluid by evaporation.
 Instinct, Animal sensations, and powers of comparison and distinction.
 Integument, Any natural covering; as skin, &c..
 Intermit, To forbear for a time.
 Interlabial, Between the labia or lips.
 Intermitted, Ceasing during intervals of time.

Internal, Inward, opposed to external.

Intestines, The bowels, the guts.

Inversion, Turned inside out.

Issue, An artificial ulcer, made by burying a pipe, a pea, or other substance in any orifice in the flesh or skin.

Jecur, The liver.

Jecur Uterim, The placenta.

Jelly, Gellatine, A thick elastic, semi-transparent fluid.

Judgment, Notion, opinion, decision, the perfecting of an idea, the determination or distinguishing of propriety. A continuation of judgment, joined together form an inference, or process of reasoning. Judgment, is the most important of the intellectual faculties; for we see how important it is to judge justly, that is, to establish only those relations which really exist! If we judge that a poisonous substance is salutary, we are in danger of losing our lives!!

Juggle, Ledjurdemain, imposture, deception.

Jugular, Belonging to the throat.

Julap, An extemporaneous form of medicine, of simple and compound water sweetened.

Jumart, A mixture or jeneration from a bull and a mare.

Kali, (Arabian.) The vegetable alkali. [ter.

Keelhale, or Keelhaul, To punish by dragging under wa-

Keneangia, A state of unaction of the blood or the fluids.

Kernel, Any hard substance contained in an integument or husk; a gland, or knobbly secretions in the flesh.

Kimbo, Crooked, bent, arched.

Knee-pan, The knee-cap.

Labium, Labia, Lip.

Labor, Travail, child birth.

Laboratorium, or Laboratory, A chemical shop.

Labyrinth, The internal part of the ear, behind the cavity of the tympanum.

Lac, Milk: also milky gums called Zicca; that exude out of certain trees.

Lactation, Suckling.

Lacteal, Milkey.

Lacteals, Vessels that absorb the chyle, and convey it to the thoracic duct.

Lancetta, A lancet.

- Lapara, The flank.
 Lard, Hog's fat.
 Larynx, Upper part of the windpipe.
 Lateral, On the side.
 Laxative, Gently loosening to the bowels.
 Lesion, A hurt, wound, injury.
 Lethurgy, Stupid, sleepy; an imperfect apoplexy.
 Leucorrhœa, The whites.
 Ligament, An elastic, strong membrane, connecting the extremities of the movable bones.
 Ligature, A silk thread waxed, for tying arteries, &c.. A bandage.
 Lixivium, Ley.
 Lobe, A part or division of the liver, lungs, &c..
 Local, Belonging to a part, not the whole.
 Lochia, The cleansing from the womb, after child-birth.
 Lumbago, A rheumatic, affection, of the muscles about the loins.
 Lymph, The colorless fluid, separated from the blood, and contained in small vessels, called
 Lymphatics, Vessels that commence with open tubes, in all the fleshy parts of the body, that absorb the morbid materials or fluids, and carry them into the veins, to be thrown out by the excrements.
Magnetism animal, A sympathy or affinity said to exist between the magnet and the human body.
 Malformation, A defect in formation.
 Mammæ, Breasts.
 Mania, Raving or furious madness.
 Marasmus, Wasting of flesh, health and strength without apparent cause. [cine.
 Materia medica, Substances used in a system of medicine.
 Membrane, A thin flexible skin, on internal parts of the body.
 Menstruation, The Menses; The monthly courses, or discharges from the womb.
 Miasm, or Miasma, (*Greek*.) Corruption, pollution, infection, or atom that arises from distempered, putrifying or poisonous bodies.—The Greek plural is miasmata; and the plural in plain english, is miasms.
 Miconium, The first discharge through the bowels of infants.

Midriff, The diaphragm.

Milliary Eruption, Pustules resembling millet seeds.

Monsters, Children born with a redundance or multiplicity of parts, a confusion of parts, or an error in the place of parts.

Mons veneris, The eminence of, or over the pubes of women, that is covered with hair.

Morbid, Diseased, sickly. [mucus membranes.

Mucus, Slimy, ropy transparent fluid, secreted by the

Mucillage, A thick, watery solution of any gummy substance.

Mummy, A dead body preserved by embalming.

Mumble, To speak low, and lip the words unarticulately.

Muscles, Distinct portions of the flesh susceptible of contraction and relaxtion. [tines to the back bone.

Myssentery, A double membrane connecting the intest-

Narcotic, Any poison causing sleep, stupor, &c..

Nausea, An inclination to vomit.

Nerve, Formerly it meant a sinew; hence the opposite meanings of the word *nervous*, when applied to *strong*, *sinewy*, and sometimes *weak* and irritable. Nerves are long white, marrowy cords distributed through the whole body, and serve for sensation.

Nervine, Relieving disorder in the nerves. All the antispasmodics are nervines.

Nitrogen, or Azot, A gas, constituting four fifths of the volume of atmospheric air. It will neither support life nor flame.

Nodus, Enlargement of the bones by disease.

Nomenclators, Those who give names to things.

Nosology, Classification of disease.

Nucleus, Any thing about which matter is collected.

Nympha, or Nymphæ, Small wings or lips, at the neck of the womb and over the urethra.

Obstetric, Belonging to midwifery.

Obstetricy, Midwifery.

Œdematous, Swelling that leaves a pit after pressure.

Œsophagus, The gullet, the throat.

Organ, A member or part of the body capable of performing some function or operation.

Orpiment, The yellow sulphuret of arsenic.

Ossify, To turn to bone.

- Os**, A bone: it is also used to signify an orrifice, mouth, passage, entrance, hole.
- Os externum**, External orrifice or opening.
- Os pubes**, The pulse bone.
- Os uteri, os tincœ**, The mouth of the womb.
- Ovulum, Ovum or Ovary**, (Latin, *A little egg*.) A female testicle.—**Ovaria or Ovaries**, the plural of ovum.
- Oxygen**, A simple substance, composing the *greatest* part of water, and part of atmospheric air. [oxygen.]
- Oxygenize or Oxygenate**, To acidity a substance by
- Palpitation**, A fluttering or convulsive motion.
- Pancreas**, A glandular organ of the belly, of a long figure, that secretes a juice that is conveyed into the intestine, and mixed with the chyle. [the cranium.]
- Parietal**, Inclosing like walls, as the high side bones of
- Parenchymatous**, Pulpy, fleshy.
- Parraceous**, Greenish, resembling leeks.
- Posterior**, Following.
- Parturition**, Child birth, or being delivered of a child.
- Paralysis, Palsy**; loss of muscular power and motion.
- Paroxysm**, A fit.
- Patella**, The knee-pan or cap.
- Pathology**, The history and explanation of diseases.
- Pectoral**, Good for diseases of the breast.
- Pelvis**, The basin or cavity in the body below the belly.
- Pelvimeter**, A kind of calliper for measuring the dimensions of the pelvis.
- Penis**, The front, pendulous genital organ or member of a man's body, commonly called yard.
- Peptic**, What promotes digestion.
- Peristaltic**, The expanding and contracting motion of the intestines, by which they expel their contents.
- Perspiration**, Sweat.
- Peritonœum**, A membrane lining the cavity of the belly and covering the intestines.
- Pericardium**, Membrane containing the heart.
- Perysistole**, The pause between a contraction and a dilation of the heart.
- Pharmacopœia**, A dispensatory.
- Phemasia Dolens**, The big leg, sometimes happening to lying in women.
- Phlogistion**, Rendering the air unfit for breathing.

- Phlegmatic, Watery, relaxed, inclined to flegm.
 Phtisis, Pulmonary consumption.
 Physical, Bodily, medicinal, helpful to health.
 Physiology, The science of physical life and motion.
 Placenta, The cake that unites the naval cord to the womb; the afterbirth.
 Piperine, The extract of black pepper.
 Plexus, A bundle of nerves.
 Pleura, See pleurisy, page 386. [of habit or body.
 Plethora, Excessive fullness of the vessels; a fullness
 Polypus, A diseased excrecence or tumor generally growing in the nostril, vagina or womb.
 Precipitate, Any matter that falls to the bottom; or is precipitated or suspended in fat or oil, as quicksilver; a deadly poison; as the red precipitate.
 Pregnancy, The state of being with young,
 Prepuce, The skin or membrane that covers the glans-penis, and clitories.
 Predisposition, Previous adaption.
 Priapism, A continual and preternatural tension.
 Prolapsus, A protrusion of any part of the body.
 Proximate, Next, near or immediate.
 Pubis or Pubes, The share bone, or bone that bounds and supports the anterior and lower part of the belly.
 Puberty, Full growth and age.
 Puerperal, Relating to child birth.
 Pulmonary, Belonging to the lungs.
 Pulsation, The beating of the heart or an artery.
 Pulvis, A powder.
 Pulmo, The lung.
 Pudendum, Pudendi, Pudenda, (From *the Latin*, Pudor, which signifies shame.) The privates of a woman or her external parts of generation.
 Pulmonary, Belonging to the lungs.
 Purgative, Whatever rapidly hastens the contents of the bowels.
 Purulent, Consisting of pus, or corruption.
 Pus, The matter or corruption in a bile, &c.. See page 159 and 160.
 Pustules, Pimples containing corruption.
 Putrescent, Tending to putrefaction.
 Pylorus, Lower orifice of the stomach.


Pyrometer, An instrument to ascertain the heat of a furnace. [dry air.

Pyrophori, That readily takes fire in damp, but not in
Pyrexia, Fever.

Quartan, The fourth day ague.

Quartidian, Daily returns.

Quicksilver, A fluid metal, resembling silver in color. It hardens at 40 degrees below 0. It is a deadly poison, and is the basis of the red precipitate and other ointments, mercury or calomel—dangerous preparations, and applications used by the mineral faculty.

 **Beware of every thing of the kind, and them who use it.**

Rectum, The lower or straight gut.

Regimen, Relating to diet.

Respiration, The act of breathing.

Retching, Straining to vomit.

Retroversion, Turned inside out, or wrong endforemost.

Rigid, Rough, harsh, stiff.

Rigor, A sense of cold, with contraction of the skin.

Rima Glotidis, Rim of the opening of the windpipe.

Rubefacient, Giving a redness to the surface.

Salivation, *A scientific mode of purging the salival glands with mercury, to cure disease by spitting! and by rotting the gums and loosening the teeth!!!*

Saliva, Spittle.

Saline, Partaking of the properties of salt.

Sanguine, Abounding with blood; warm; cheerful, &c..

Scapula, The shoulder blade.

Sciatica, A rheumatic affection of the hip-joint.

Scrotum, The common integuments or bag that covers the testicles.

Secernants, Carrying off obstructions.

Secretion, The act of any organ or vessel absorbing, or separating such substance as is peculiar to its office, from the organs of circulation.

Sedative, That which quiets the nerves, and muscular action.

Semen, The seed or fluid essential to generation.

Sensorium, The brain, the great organ of sense.

Serum, Whey; The yellow and somewhat greenish fluid which separates from the blood.

Sexual, Relating to the sexes.

Solution, A perfect union of a solid substance with a fluid.

Sternum, The breast bone.

Stomachic, Good for the stomach.

Strangury, A difficulty in voiding urine.

Spirits of Wine, A highly rectified or purified spirit of brandies, wines, and other spirituous liquors.

Spirits, All volatile fluids, collected by distillation.

Stimulent, Exciting action.

Sudorific, Causing sweat.

Syncope, Fainting or swooning.

Syphilis, or Pox, The venereal disease.

Syphon, A tube for drawing liquor from one vessel into another.

Systole, The contraction of the ventricles of the heart.

Tabes, A species of consumption.

Temperament, A peculiar habit of body; as the sanguine, the bilious, the melancholic, and the flegmatic.

Tenesmus, A griping which prevents stool.

Tendons, The sinews.

Tendo-achillis, The great sinew at the heel.

Tenia Captis, The scald head.

Testicles, The organs of seed in all biped and quadruped animal beings. In the males they hang in a bag called scrotum; in females, they are attached to the external surface of the neck of the womb.

Tepid, Luke-warm.

Tetanus, The cramp, lock-jaw, fits.

Thomsonian, From THOMSON, Doctor SAMUEL, the author and founder of this glorious system of medicine, which is bringing glad tidings of great joy to the afflicted! This beloved and venerated man was born, in the 2nd month, 9, 1769, in the town of Alsted, Cheshire county, New Hampshire.

Thoracic, Belonging to the throax or chest.

Throax, The chest, or part between the neck and the belly.

Titillation, The act of tickling.

Tonsil, An oblong, partly oval gland in each side of the back part of the mouth.

- Topical**, Medicine applied to a particular place.
Trocar, An instrument for tapping, in dropsy.
Tremor, An involuntary trembling.
Truss, An instrument to retain the intestines in their proper place, in case of a rupture.
Tumor, A swelling.
Tympanum, The drum or hollow part of the ear.
Ulcer, A cancerous abscess or sore, discharging corrosive pus.
Umbilicus, The naval cord.
Undulating, Wavering.
Unition, The act or power of uniting; conjunction.
Uters, Tubes that convey the urine from the kidneys to the bladder.
Uterogestation, Pregnancy.
Uterus, The womb.
Uterine, Belonging to the womb.
Urethra, The canal by which the bladder is evacuated.
Uvula, The small conical fleshy substance hanging in the middle of the back part of the mouth.
Vaccination, Inoculation.
Vacuum, A space occupied by matter.
Vagina, The passage into, or neck of the womb.
Vapor, Steam, or mist.
Vapor-bath, See page 94, &c..
Vascular, Composed of vessels.
Ventriloquism, The art of changing the voice, so as to imitate other voices than what are natural to the speaker.
Venesection, Blood letting.
Vena-cava, Two large veins that pour the blood into the heart.
Veins, Vessels which return the blood to the heart.
Vermifuge, A medicine that expels worms.
Vermis, A worm.
Vertigo, Dizziness or giddiness of the head.
Vessication, or **Vesiculation**, Blistering.
Vessicle, The cuticle containing a transparent watery fluid.
Vicid, Glutinous, tenaceous.
Virus, Poison humor; as of an ulcer, &c..
Vicera, The internal organs of the breast and belly.

Volatile, Liable to evaporate or waste speedily; light.

Whey, The fluid of milk that remains after the curd be separated.

Womb, The natural organ in the mother in which her young is formed and produced; called in *Lattin*, Uterus, Matrix, &c..

Wort, A small rough fleshy excressence, rising in the skin;—also, an infusion of malt, good in scrofulous diseases.

Yest, Foaming or fermentation of beer, worts or beer fermentation.



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Note to Subscribers.

I made a verbal proposal to some of my former subscribers, to furnish them with a short system of *medical practice*, at the latter end of this work, for the cure of diseases in horses, cattle, sheep, swine, &c., on the true Thomsonian Principles; provided the matter should not overrun the proposed number of pages, in my Prospectus. I have now found it to be impossible to insert it, as the work has already overrun the proposed bulk of matter, by about two hundred pages. But I have made a more interesting and valuable book of practice, than I even anticipated at the commencement.

And as regards the diseases in the beasts of the field, I may here remark, that we Thomsonians have no work extant, expressly on the subject. We doctor all of our beasts (judging of their ailments from the symptoms, compared with those of ourselves,) with the same medicines, and much in the same manner as we do the human—varying the quantity, to the *size and strength* of the beast. With this system, I have repeatedly performed cures, among various beasts and animals, and even among fowls, &c., with signal success; and I never knew of a case, especially among horses, cattle, &c., that had been properly treated, that failed in curing, or giving great relief, where there was any reasonable hope of such a result from any kind of medicine. In this way the cruel and destructive practice of bleeding horses can be entirely dispensed with, to a hundred times more advantage to that noble animal. The hollow-horn in cattle may be cured, without boring; which lets in wet and cold, occasions pain, and renders them liable to have it again. The bloody murrain, has been cured in a very short time in cattle that would have died, without the health-restoring Thomsonian medicines. My Father cured a hog he had, of the locked jaw, in a few hours, after its limbs as well as jaws were set.

To a full grown horse, ox or cow, we give from three to six times the quantity for a dose, that we do to a man; to a new born calf, colt or the like, about a man's portion, and to a hog, sheep, goat or the like, about the same quantity, more or less, according to its size, strength, &c.. I would gladly add more, but my limits will not admit of it; so I must come to a close; and I here truly say, that I can recommend the foregoing work to my fellow-citizens, with the greatest pleasure, (in consequence of the full confidence I have in this glorious system of healing, over every other known,) with a good degree of assurance that they will be benefited by it.

REUBEN CHAMBERS.

BETHANIA, 4TH MONTH, 1843.

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